

University of Nebraska - Lincoln

## DigitalCommons@University of Nebraska - Lincoln

---

The NEBLINE Newsletter Archive from UNL  
Extension in Lancaster County

Extension

---

4-2007

### The NEBLINE, April 2007

Follow this and additional works at: <https://digitalcommons.unl.edu/neblines>



Part of the [Agriculture Commons](#)

---

"The NEBLINE, April 2007" (2007). *The NEBLINE Newsletter Archive from UNL Extension in Lancaster County*. 70.

<https://digitalcommons.unl.edu/neblines/70>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in The NEBLINE Newsletter Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

## In This Issue

|                          |       |
|--------------------------|-------|
| Horticulture .....       | 2     |
| Urban Agriculture ....   | 3     |
| Farm Views .....         | 4     |
| Environmental Focus ..   | 5     |
| Food & Fitness .....     | 6     |
| Home & Family Living ... | 7     |
| 4-H & Youth .....        | 8–9   |
| Community Focus ....     | 10    |
| Miscellaneous ....       | 11–12 |

## Special Pullout Section: RESOURCE CONSERVATION GUIDE



# UNL Extension Programs Have Improved Termite Treatments in Nebraska

Barb Ogg  
UNL Extension Educator

A few years after she bought her home, a Lincoln homeowner noticed the paint in her laundry room was peeling. She thought it was odd, but wasn't concerned because it wasn't a room guests would see. She was busy remodeling and decorating the other rooms, and it was the last room on her list. In 2003, she finally decided to tackle the paint problem.

To her dismay, she started peeling the paint off the wall and found termite “mud” behind the paint (Fig. 1). The termites had completely eaten the paper off



Figure 1. Termite “mud” behind wall paint.

the drywall. Little did she know this was just the “tip of the iceberg.” A professional inspection revealed damage to the home was extensive. The beam to the second floor was completely broken through (Fig. 2). Total cost to repair the damage to her home was approximately \$30,000.



Figure 2. Termite damage to floor beam.

This situation is unusual in Nebraska because there are usually signs of termites before damage becomes so great. It is important to know what the signs are (see page 5 of this issue).

The average value of a termite treatment is more than \$1,500. Unfortunately, there are no effective do-it-yourself treatments for homeowners. If termites are found, homeowners need to hire pest control professionals who are knowledgeable and skilled in termite treatments. It does pay for homeowners to research all the options and become informed before making a decision.

University of Nebraska–Lincoln Extension has developed a two-pronged approach to improve the overall quality and cost-effectiveness of termite treatments done in Nebraska. An annual series of workshops educates homeowners and a hands-on termite school trains pest control professionals.

## Homeowners Workshop

The workshop “Everything Homeowners Need to Know About Termites and Termite Control” educates homeowners to recognize the signs of termites, understand different treatment types, understand why quality treatments are expensive and how to make sure they get the quality treatment they want.

Most of the workshops have been held in Lincoln and Omaha, but it has also been presented in Auburn, Beatrice, Columbus, Fremont, Grand Island, Hastings, Lexington, Nebraska City, Norfolk, Wilber and York. More than 1,600 homeowners and 164 real estate licensees have attended since 1995.

A post-workshop survey of attendees found:

- 98 percent said they obtained information needed to better protect their property.
- 93 percent received a good quality termite treatment at a fair price.
- 87 percent were less apprehensive about working with a pest control company.
- 82 percent said they saved money after attending this program (average savings was \$312/person).

Some of the testimonials include:

- “This [workshop] is a wonderful public service! It has given me peace of mind and confidence as a homeowner.”
- “This class was very informational and all of the speakers gave great presentations.... I would recommend this class to anyone purchasing a home.”
- “The most valuable information that I received at the workshop was the proper technique for termite control applications. This helped me inspect the work of my pest control company.”
- “This course should be mandatory for all real estate licensees in continuing education requirements” [from a real estate licensee].

The 2007 workshops will be held in Omaha (May 3), Weeping Water (May 15) and Lincoln (May 17), see page 5 for more information. Many termite resources for homeowners are available online at <http://lancaster.unl.edu/pest>.

## Hands-On Termite School for Professionals

As a result of the homeowners workshop, enlightened homeowners have barraged the Nebraska Department of Agriculture — the pesticide regulating agency in Nebraska — about questionable treatments they have received. In ensuing investigations, NDA uncovered compliance problems; some resulted from entry-level pest control professionals not being given adequate training by their companies.

In 2005 and 2006, UNL Extension organized a termite school for entry-level termite application professionals. This intensive, 15-hour training program used both classroom and on-site demonstra-



Figure 3. (L–R) Extension Educators Dennis Ferraro, Clyde Ogg and Barb Ogg answer questions at a 2004 Workshop for Homeowners.

tions. Real homes with termite damage were used to show termite damage and actual application methods to different parts of the structure.

Presenters included UNL faculty, NDA personnel and industry professionals. Companies helping with the training included Dow AgroSciences, Bayer Environmental Sciences, BASF Corporation, Nisus Corp., B&G Equipment Company and UnivarUSA.



Figure 4. Gary Braness of Bayer demonstrates to participants how insecticide spreads in soil.

More than 70 people attended — most were pest control professionals, but some were construction workers or home inspectors.

Attendees reported:

- 94 percent were better able to calibrate termiticide application equipment.
- 93 percent were less likely to violate label directions.
- 92 percent were more confident in being able to identify termite damage.
- 75 percent said they would change methods of inspecting or treating. Changes included taking more time to inspect, looking more carefully at how the house is constructed and treating drain tile differently.

Some of the testimonials include:

- “I have more confidence my treatments will be done right and know my customers are getting a good job.”
- “Your school will aid in reducing regulatory action, reduce on-the-job injuries, increase consumer satisfaction and increase application performance among all who take this class.”

The 2007 Termite School will be held Sept. 25–26 in Lincoln. For more information about this training, contact Barb Ogg at [bogg1@unl.edu](mailto:bogg1@unl.edu) or (402) 441-7180.



## 2007 Perennial Plant of the Year




Nepeta "Walker's Low"

The Perennial Plant Association has awarded the title of Perennial Plant of the Year to Nepeta 'Walker's Low'. Introduced in 1988 in Europe, Walker's Low catmint has become increasingly popular with each passing year due to its lovely blue-violet flowers and its long bloom time, attractive grey-green foliage, ease of propagation, lack of pest or disease problems and low maintenance requirements.

- Hardiness - USDA Zones 3 to 8
- Size — 30 to 36 inches tall and wide. Walker's Low is named for a garden and the name is not related to plant size.
  - Light — Best in full sun, but can tolerate shade in hot climates.
  - Soil — Prefers well drained soil and neutral pH.
  - Uses — Good companion plant for early and late blooming plants. Great for perennial borders, but can be used in herb gardens, rock gardens, as a ground cover or as a container plant.
  - Unique Qualities — Will bloom continuously throughout the season if properly pruned. Great for attracting bees, butterflies and other pollinating insects, but is deer and rabbit resistant. Leaves release a wonderful aroma when crushed.

Source: Perennial Plant Association



### Garden Guide

THINGS TO DO THIS MONTH

By Mary Jane Frogge, UNL Extension Associate

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which does.

Prune spring blooming shrubs such as forsythia and spirea after they have completed flowering.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn-care equipment in preparation for the coming season.

Put a birdhouse in the garden to attract insect eating friends.

Seed bare spots in your fescue or bluegrass lawn.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12 to 15 inches apart.

Cut flower stalks back to the ground on daffodils, hyacinths and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia and globe amaranth.

Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and after planting will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

To extend the blooming period of gladiolus, plant early, middle and late-season selections each week until the middle of June. Choose a sunny location and plant the corms four to six inches deep and six to eight inches apart.

## Gardening Trends in 2007

Whether you're just getting into gardening, trying to streamline your gardening activities, or wanting to have a landscape and plants reflective of the times, being aware of the latest gardening trends can help.

This past year Chris Beytes, the editor of a professional growers magazine, described several specific trends which reflect four main traits of new gardeners and their gardening. For starters, we are no longer gardening as in past generations, nor will kids today garden as we do. Related to this is the fact that many are actually decorating instead of gardening. For many, it's no longer about planting, watering, pruning. This can be considered work, even if there is time for such activities.

The new "luxury consumer" has and wants nice things. This consumer often skimps on one thing so they can splurge on another. Then there is "hiving", using the home as the business center of a busy life, complete with media, internet, fitness and the like. This is the outgrowth of the former "cocooning" and "nesting."

There are at least a dozen specific trends in gardening:

- **Blurring of lines.** It is no longer clear what is annual or what is perennial. Tropicals are planted as annuals, as are some woody plants. It is more about end effect.
- **Tall.** From pots to plants, tall is more popular now than in previous years. Ornamental grasses are a perfect fit.
- **The tropical look.** Tropical plants and those that look tropical with exotic foliage or flowers, have been around a few years and are still



Hibiscus

popular. Cannas, alocasias and hibiscus are popular examples.

- **Big and bold.** Perhaps an outgrowth of tropical, this is now seen in bright colors, bold color combinations and big foliage such as with some of the new coleus. This trend, as well as the tropical and others, reflects a global fusion of cultures.
- **Foliage.** Perhaps another outgrowth of tropical, plants just for foliage are popular. There are almost too many coralbells to choose from, the new ones are grown for leaves rather than the flowers of older cultivars. Coleus and hosta are popular, as are foliage colors such as yellows and black.
- **Perennials.** Perhaps not as popular as a decade ago, they still are favored by many more now with annuals, as container plants, for low maintenance or for specific uses.
- **Native plants.** These are a growth area of perennials. A trend within native plants is choosing one native to specific areas or habitats. This trend reflects the desire to balance technology with nature, to seek calm, to find sustainability.
- **Organics.** This trend has

taken off with foods and is spilling into the landscape and gardening choices as well.

- **Hardscaping.** This is the term for decks, walks, raised beds, patios, stone bed edges and the like. You don't have to look far in most neighborhoods to see such examples.
- **Bringing the indoors out.** This is related to the decorating and hiving already mentioned. More each year are turning the outside into living, even work, spaces.
- **Indoor decorating.** Plants are being used indoors not because they are plants, but for their design element, to add color, texture and accent to the surroundings.
- **Nostalgia.** Old-fashioned and heirloom flowers and vegetables evoke memories of and a desire for simpler times in an increasingly complex world. For others, such "retro gardening" evokes a hope and optimism of the past.

The Color Marketing Group is an organization of professionals whose focus is to identify consumer desires in colors, and to provide recommendations for all manner of consumer products. According to them, color choices in general now are warmer and brighter. Specifically, their choices for popular colors now are reds, including a raspberry hue and blues, including bluish green, think relaxation, as from spas and oceans.

When making this year's garden plans and shopping for plants, think of these trends for new ideas, and see if you can spot some in magazines and stores.

Source: Dr. Leonard Perry, Extension Professor, University of Vermont.

## Easter Lily Care

Mary Jane Frogge  
UNL Extension Associate

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-proportioned plant, one that is about two times as high as the pot. You also should check the flowers, foliage and buds for signs of insects and disease.

At home, keep your lily away from drafts and drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65 to



Easter Lily

75 degrees F. Water the plant only when the soil feels dry to the touch, do not over water. To prolong the life of the

blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb and plant it outdoors. Easter lilies can be replanted outside after the blooms are gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny site with well drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in the fall, then cut it off at the soil surface. After the soil surface freezes in late fall, mulch the soil and do not remove the mulch until new growth begins in the spring.

### Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska-Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu> and submit request.



# Spring is a Good Time to Begin Herb Gardening



**Sarah Browning**  
*UNL Extension Educator*

Planting herbs in the spring is a good way to enjoy fresh seasonings throughout the year. Herbs should be planted after the last day of frost in the spring to avoid losing plants to a late freeze. If planting for the first time, it might be better to start with transplants, rather than just seeds.

When selecting herbs be sure they're meant for culinary uses, not just as an ornamental herb. Some ornamental herbs



have a less desirable flavor because they have been bred for appearance rather than taste.

Popular fresh garden herbs include basil, chives, cilantro, dill, mint and parsley. Herbs such as French tarragon, oregano, rosemary, thyme and sage are good in both fresh and dried forms.

If planting mint, it is best to plant it differently from other herbs. Mint is an aggressive plant that can quickly take over the herb garden. Plant it in a 1 or 2 gallon container that is at least 12 inches wide and without holes. Bury the



container in the ground so an inch of the container is above ground level. This will contain the plant so it can't creep out the top or the bottom and will prevent it from spreading throughout the garden. Mint planted in this fashion may need to be watered more than other herbs that can send their roots farther into the ground because they are planted normally.

Many herbs also are suitable for container gardening and might be a good option if limited on space.

# Arbor Day and Tree Planting are Nebraska Traditions

**Dennis Adams**  
*UNL Forestry Specialist*

Early explorers called Nebraska the "Great American Desert" and doubted any settler could support his or her family here. Often, the first sod broken in Nebraska was to plant trees. Trees were valued for their protection and beauty, and fragile seedlings were transported many miles to plant on barren Nebraska homesteads.

Julius Sterling Morton, editor of the Nebraska City newspaper in the 1800s, used his pen to advance the cause of agriculture, specifically tree planting. His active interest in tree planting gained statewide recognition in 1872 when, as

president of the State Board of Agriculture, he introduced a resolution calling for a tree-planting holiday to be known as Arbor Day.

In 1885, the Nebraska Legislature made Arbor Day a state holiday and set Morton's birthday, April 22, as the official date. On the first Arbor Day, more than 1 million trees were planted.

Today the holiday is acknowledged by every state and 12 foreign countries. Most states celebrate National Arbor Day the last Friday in April. In 1989, the Nebraska Legislature changed the date so Nebraska celebrates Arbor Day on the last Friday in April as well.

In 1873, tree planting in Nebraska picked up steam

when Burlington Railroad began a planting program along its right-of-way to provide a living snow fence. They planted more than 560,000 trees.

In 1873, the Timber Culture Act provided additional land for settlers planting trees. They would receive a quarter section of land for planting 40 acres of trees (later reduced to 10 acres) and had special advantages in claiming the land.

Due to all the laws and benefits of planting trees, Nebraska had 1 million acres of trees or about an acre of trees per resident by 1963.

Nebraska hardly is the treeless prairie it once was. Due to Morton's efforts Nebraska even became known as the "Tree Planter State."

# Controlling Nuisance Weeds in Your Farm Pond

Excessive growth of aquatic plants and algae are the most frequently received complaints from farm pond managers. Controls for nuisance plants can be physical, chemical or biological. For physical control, shallow areas of the pond should be deepened by mechanical dredging and the pond sides should have 3:1 slopes. Watershed management that avoids leachate from fertilized fields, manure or sewage can help minimize algae mats and other problems.

Chemical weed control is a seasonal approach which, if

done properly, can eliminate weeds and still leave the water suitable for other uses. Mats of algae, identified by their thick, hair-like appearance, are controlled best with copper sulfate. Submerged weeds can be held in check by a number of aquatic herbicides. Your county extension agriculture educator can help you make the right choice. Emergent plants like cattails are easily killed by glyphosate herbicides labeled for aquatic use. With any herbicide pay very strict attention to the label instructions and precautions.

In the spring some

managers apply a blue dye called Aquashade, which shades out aquatic plants. It can effectively control weeds, but the shading also suppresses food production. Its use is better suited to swimming ponds than to ponds for fishing.

The last few years have seen considerable interest in the stocking of white amur, or grass carp, for weed control. Stocked at the proper rate, these non-reproducing, vegetarian fish can provide control year after year, to the point of keeping plants completely eradicated.

## "Management of Small Ponds" Clinic, April 17

Is your pond turbid after a rain? Is your pond covered with a green slime in the summer months? Do rooted pond weeds and/or shoreline vegetation reduce angling access and recreation on the pond? Would you like to learn more about human and pet health risks from toxic algae?



If you answered yes any of the questions or have questions pertaining to pond management then you will want to attend the "Management of Small Ponds" clinic on Tuesday, April 17, 7-9 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This seminar is designed for those who have a 1/2 acre sized pond or larger.

University of Nebraska-Lincoln Extension presents a series of programs, entitled Acreage Insights-Rural Living Clinics, targeting acreage owners and specifically designed to provide knowledge and skills to better manage a rural living environment.

Preregistration is due by April 12. Advanced registration is \$10 per person, and \$15 per person at the door. For more information or registration form, contact Don Janssen at 441-7180 or go to <http://acreage.unl.edu>



## Container Gardening

**John Fech**  
*UNL Extension Educator*

Finding enough space to plant a garden is a tricky task, especially in urban areas with poor soil quality. However, container gardening is becoming more popular for gardeners who enjoy home-grown flowers and produce.

Suitable containers vary from clay pots and barrels to window boxes. The key is to select a container that is sturdy and heavy enough to hold itself upright in strong winds. It should hold enough soil to support the type of plant it contains and be equipped with drainage holes to prevent excess water from suffocating the plant.

Soiless potting mixes work best for container gardening. These mixes have good drainage and contain adequate moisture and air space for root development. They are also free of disease, insects and weeds that may be present in regular garden soil.

A wide variety of plants can be grown in containers, especially since many seed catalogs now offer bush and patio varieties. Crops such as cucumbers, squash and

tomatoes are excellent choices, along with salad crops such as leaf lettuce, radishes and green onions.

When determining what types of plants to grow, take the amount of available sunlight into consideration. Plants that bear fruit, such as peppers, herbs and sun-loving flowers such as geraniums and petunias need at least six hours of full sun each day. Leafy vegetables and fibrous-rooted flowers such as Impatiens are better suited for shaded areas. Keeping containers on a wheeled-platform or wagon can make it easier to move plants from place to place should sunlight require them to be moved throughout the day.

All plants need adequate soil moisture. It is especially important to monitor moisture on warm, windy days when soil is most likely to dry out. If a container garden is located on an apartment balcony above another resident's balcony or patio, be sure to place containers on some type of plate to catch the water that drains through.

Fertilizers should be applied according to label directions and individual plant needs.



# Teff – A New Annual Forage Grass



**Bruce Anderson**  
*UNL Extension Specialist*

Teff is an annual, hot weather cereal and hay crop originally from Ethiopia. It has a reputation for rapid seed germination and fast growth as well as being well adapted to dry climates. But it has virtually no tolerance for freezing temperatures. Thus, it needs to be planted between mid-May and early August in our region. For most farms and ranches, teff is an alternative to growing foxtail millets like German and Siberian millet. Compared to millet, teff may be slightly finer stemmed and even faster developing, often starting to head in 50-60 days. As a single cutting, it probably won't yield any more than foxtail millet, but teff will regrow. This can be good or bad,

depending on how you want it to fit into your crop rotation. If you try some teff, you will discover it has very tiny seeds. It should be planted only 1/8- to 1/4-inch deep, so be careful if you use a drill. On tilled ground, a cultipacker seeder or even broadcasting probably works better than a drill. In terms of forage quality, teff tends to contain more crude protein than millets. Its protein level is heavily influenced by nitrogen availability. It could be a good crop for recovering excess nitrates but might not do as well on low fertility soils. Experience shows teff makes an excellent horse hay and also is well liked by cattle, sheep and other livestock. Don't gamble your entire farm on it, but teff might be worth a try.

# Simplified Hand-Held Sprayer Calibration

**Tom Dorn**  
*UNL Extension Educator*

Pesticides must be applied according to label directions. The pesticide label always states a recommended dosage of chemical to apply to a given site for the control of a specific pest. By calibrating the sprayer, you can ensure the chemical application will be done according to label directions.

In order to apply the recommended amount of chemical through a sprayer, you need to know three things:

- 1) the quantity of total spray output being applied per unit of area, e.g., gallons per acre (GPA);
- 2) the formulation of the product; and
- 3) the recommended amount of product to apply per acre.

I recently came across a simplified method of calibrating hand-held sprayers whether they be backpack sprayers or powered wand sprayers (hand guns). I will list the steps required and then provide an example.

## Steps

- 1) Measure and mark a square test area 18.5 feet by 18.5 feet.
- 2) Spray the test area with water in the manner you would normally when controlling the target pest and record the time in seconds to treat the test area.
- 3) Spray into a container for the same number of seconds (step 2) and measure the fluid ounces (fl-oz) caught.
- 4) The number of fl-oz caught in the container is equal to the gallons of spray per acre (GPA).
- 5) Determine the useful volume of the spray tank. Note: If using sprayer that uses compressed air to create pressure, note the "full" mark on the spray tank. Measure the volume of water needed to fill the sprayer to the full mark.
- 6) Divide the useful volume of the tank (step 5) by the spray output, GPA (step 4) to determine the decimal fraction of an acre covered by each tank of spray solution.
- 7) From the label, determine

the volume of product to apply per acre.  
8) Multiply the volume of product per acre (step 7) by the fractional acre covered per tank (step 6) to determine the amount of product to add per tank of spray.

## Example

- 1) You have measured and marked a test area 18.5 feet by 18.5 feet.
- 2) You spray the test area and find it takes you 22 seconds.
- 3) You catch the output in a container for 22 seconds and measure 34 fluid ounces of water caught.
- 4) You, therefore, are spraying the equivalent of 34 gallons per acre.
- 5) Your backpack sprayer holds three gallons.
- 6) Each tank will cover 3 gallons/34 gallons/acre = 0.088 acre.
- 7) The product label recommends (32 fl-oz) of herbicide per acre.
- 8) You should add 32 fl-oz per acre x 0.088 acres per tank = 2.8 fl-oz per full spray tank.

# Cost of Pumping Water for Domestic and Acreage Needs

**Tom Dorn**  
*UNL Extension Educator*

**Question: "How much does it cost to pump water with our domestic well?"**

*Note: This discussion is for electricity cost only and does not include an estimate of depreciation and repairs resulting from use of the pumping equipment.*

**Answer:** The horsepower and electricity required to pump water depends on four factors:

1. The distance the water must be lifted from the pumping water level in the well to the soil surface (lift component).
2. The pressure in the distribution system (pressure component).
3. The volume of water pumped per minute, gallons per minute (GPM).
4. The efficiency of the pump and motor.

Note: The lift component and the pressure component combine to make up the total head the pump is working against. Head is expressed in feet. Each PSI of system pressure the pump must produce is equivalent to lifting water an extra 2.31 feet.

$$\text{Total head (ft)} = \text{lift (ft)} + \text{PSI} \times 2.31 \text{ ft/PSI}$$

Let's look at the example of a domestic well pumping 10 gallons per minute while lifting water from 125 feet pumping depth and producing 45 PSI pressure in the distribution system.

Water horsepower (the useful work imparted to the water) is computed as follows:

$$\text{Water horsepower (WHP)} = \frac{\text{GPM} \times \text{Total head (ft)}}{3960}$$

$$\text{WHP} = \frac{10 \text{ GPM} \times (125 \text{ ft} + 45 \times 2.31)}{3960}$$

$$\text{WHP} = \frac{10 \times (125 + 289)}{3960}$$

$$\text{WHP} = \frac{10 \times 414}{3960}$$
$$\text{WHP} = 1.05$$

If we assume the pump is 75 percent efficient, the motor driving the pump must produce 1.05/0.75 = 1.4 horsepower to drive the pump. Assuming the single phase (220 volt) motor is 70 percent efficient, the pump motor consumes 1.07 kWh of electricity for each horsepower-hour. Therefore, we would expect this pump to use 1.07 kWh/hp x 1.4hp = 1.5 kWh for each hour of operation.

A family of four will use about 250 gallons of water per day (91,250 gallons per year) for domestic uses.

This pump would have to run 9,125 minutes or 152 hours a year to supply domestic uses. Total annual

electrical use for domestic use is 152 hours x 1.5 kWh/hour = 228 kWh. At \$0.09 per kWh the annual cost for pumping water for the household would be \$20.52.

If the family also irrigates a 10,000 square foot (0.23 acre) lawn an average of 0.75 inch per week from May 1 through September 30, add 102,750 gallons for the lawn, making the total water used on the acreage 194,000 gallons per year. The electrical cost would be 323 hours x 1.5 kWh/hour = 485 kWh x \$0.09 per kWh = \$43.65.

**Question: What should a landowner charge for pumping drinking water for cattle on pasture?**

**Answer:** In the summer months, cows nursing a calf require about 22 gallons of water per day. Each cow will drink about 22 x 31 = 680 gallons of water per month.

The pump described above would need to run 68 minutes = 1.13 hours per month to pump the water needs of each nursing cow. The electricity usage would be 1.74 kWh x 1.13 hours = 2 kWh per nursing cow per month. At \$0.09 per kWh the electricity cost would be about \$0.18 per month per cow.

## Commercial Pesticide Applicator Initial Training, April 19

Commercial applicators are persons who apply restricted-use pesticides for any purpose on any property other than property owned or rented by the applicator or their employer or for hire or compensation. Commercial applicators shall also include any person who applies lawn care or structural pest control pesticides whether restricted- or general-use to property of another person. Public employees (employed by a town, county, state) applying mosquito control pesticides whether restricted- or general-use, must also hold a commercial or non-commercial certification.

To become licensed initially as a commercial applicator, one must pass a written examination in the general standards category and one or more additional categories. A commercial license is good for three years. Once licensed in a category, you can maintain commercial certification by attending a re-certification training session or by passing a written examination.

UNL Extension will offer

an Initial Commercial Certification Training Session on Thursday, April 19 at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The general standards session will begin at 9 a.m. and other categories at 1 p.m. or 3 p.m.

Call the UNL Pesticide Education office at 472-1632 to register for a session. The training fee is \$30. Commercial applicators meeting the requirements for certification will receive an invoice from the Nebraska Department of Agriculture for \$90 for the license fee.

It is highly recommended you obtain and review written study materials prior to attending the training session. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased from the pesticide education office, 101 Natural Resources Hall on East Campus, 472-1632 or materials can be purchased on the UNL Pesticide Education Web site at <http://pested.unl.edu>



# It's Springtime: Watch for Signs of Termites

Barb Ogg  
UNL Extension Educator

When you are doing chores around the house this spring, keep an eye out for signs of termites. Termite activity increases during the springtime as temperatures warm up.

Like all insects, termites are cold-blooded animals and activity slows greatly when temperatures are below 50 degrees F. Unless they enter a structure below the frost line, termites are less active during Nebraska winters. But, when temperatures warm up in the spring, hungry termites are looking for food—which could be your house. Be on the lookout for:

**Mud tubes** — To keep from becoming dehydrated, termites build and travel through mud tubes about the size of a pencil. If you break the tubes open, you may find light-colored worker termites. These innocent-looking insects are the ones that take small bites out of your house. Watch for mud tubes on the side of foundations, inside basement walls and where wood is close to the soil. Check for mud tubes if you are doing repair work;



Mud tube on a basement wall

homeowners sometime find mud tubes in wall voids while doing remodeling projects.

**Swarming termites** — In the spring, some of the termites in a healthy colony develop wings and fly off to start new colonies. Swarming termites are dark brown to black, have two pairs of nearly equal-sized wings and are weak flyers. Termites swarming in the house is a cause for real concern because it means worker termites have found a way into the house.

**Damaged wood** — Termite damage is often hidden because termites prefer to stay inside the wood or wall void. Damaged wood can often be penetrated with a screwdriver or an ice pick, revealing mud tubes lining the damaged wood. Tapping damaged wood with the handle of a screwdriver may produce a “hollow” sound.



Dead swarming termites in a window sill

**Pinholes in drywall or wallpaper** — Termites in the wall void sometimes chew through drywall to search for new sources of wood. When they reach the light and dry air, they stop and plug the tiny hole with mud.

Places to particularly look for termite activity include wooden constructions in basement and crawl spaces, wood sills, joists, support posts, basement window frames.

What should you do if you find termite activity? DO NOT PANIC! Termites damage wood slowly; it takes from three to eight years for significant damage to result from a termite infestation in Nebraska.

Many people want to treat the termite infestation themselves to save money. But, because of the expertise needed to treat properly, homeowners

should work with a termite control professional.

Do not be pressured into making a quick decision about purchasing a termite control

service; the time spent gathering information can save you hundreds, even thousands of dollars and will help you make more informed decisions.

## Termite Workshops for Homeowners in May

To become more informed about termites, attend a workshop, “Everything Homeowners Need to Know about Termites and Termite Control.” University Extension Educators, Barb Ogg, Dennis Ferraro and Pesticide Education Specialist, Clyde Ogg, will discuss termite biology and behavior, home inspection tips, differences between barrier and bait treatments and how treatments should be done for best termite control. Tim Creger, pesticide program manager of the Nebraska Department of Agriculture will discuss why it is important for homeowners to read and understand termiticide labels.

This workshop will be held at the following Nebraska locations:

- May 3—Omaha, Douglas-Sarpy Counties Central Office; 8015 W. Center; 6:30–9:30 p.m.
- May 15—Weeping Water, Cass County Extension Office, 8400 144th Street, located on the Cass County Fairgrounds, 6:30–9:30 p.m.
- May 17—Lincoln, Lancaster Extension Education Center, 444 Cherrycreek Road 6:30–9:30 p.m.

There is a \$25 registration fee for this workshop. In addition to training, participants will receive up-to-date reference materials.

# What's Bugging You?

When temperatures warm up, insects become active. The extension office often gets calls about these insect and wildlife problems in April:

- Winged termites
- Winged ants and nuisance ants foraging for food
- Clover mites
- Sac spiders
- Oriental cockroaches
- Ticks
- Rabbits
- Nesting birds



Trail of ants on kitchen sink



Sac spider



Clover mites



Oriental cockroach

# Tips to Encourage Nesting Birds

- Think about the birds most likely to visit your backyard and determine the need for an appropriate nest box or platform.
- Houses mounted on metal poles are less vulnerable to predators than those mounted to a wooden post or tree.
- In the spring, hang a wire cage filled with natural fibers, twigs, wool, string or feathers for birds such as black-capped chickadees, robins, phoebes, barn swallows, tree swallows and house wrens to use as nesting material.

- Bird baths and fruit-bearing shrubs are attractive to many bird species.
- Secure houses and shelves tightly to the support post to withstand wind and climbing predators.
- Some cavity-nesting birds forage in trees and require trees as part of their habitat. Examples include black-capped chickadees, downy woodpeckers, white breasted nuthatches and house wrens. Bird houses for these species are more attractive and successful when appropriate tree and shrub

habitat is nearby. In contrast, purple martins forage on the wing and require open areas. Bluebirds perch in trees but forage for insects in open areas; their boxes should be located in the open away from woods.

- Leave snags standing as natural bird houses or, if desired for safety, cut them about 15 feet above the ground.

Source: NebGuide G1427 “Backyard Wildlife: Bird Houses and Shelves” which is available at the extension office and online at <http://lanaster.unl.edu>

# Spring Cleaning? Take Advantage of Household Hazardous Waste Collections

**Saturday, April 21, 9 a.m.–1 p.m.**  
State Fair Park, 4-H Youth Complex

**Saturday, May 19, 9 a.m.–1 p.m.**  
Pfizer Inc., 601 W. Cornhusker  
*includes Latex Paint Exchange*

**Friday, June 22, 9 a.m.–1 p.m.**  
Union College Parking Lot, 52 & Cooper Streets

**Saturday, June 23, 9 a.m.–1 p.m.**  
NE Wesleyan University, parking lot, 56 & Huntington Streets

## Some items you can bring for disposal:

Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances).

On May 19 only, you may bring latex paint for the paint exchange. Do not bring asbestos, tires, batteries, used oil, medicines, fertilizers, explosives and ammunition.

These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.





By guest columnist Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division

## Easter Celebration

Easter is a happy time, a time to celebrate the coming of spring and the new life that's all around us in the flowers, trees, animals and birds. Along with the deep religious meaning, it's also an occasion for gifts and games, and many of these involve Easter eggs. The egg has always been a symbol of new life and people believed eggs given at this season would bring good luck. It's been a custom to color, decorate and exchange eggs for hundreds of years. While eggs are good eating at any time, Easter is the season to enjoy them as gifts and special treats.

### Egg Handling and Safety Tips

- There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:
- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
  - Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
  - Store eggs in their original cartons in the refrigerator.
  - If you're having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
  - Make sure you find all the eggs you've hidden and then refrigerate them. Discard cracked eggs.
  - As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.
  - Do not eat eggs that have been out of refrigeration more than two hours.
  - If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, discard them after they have served their decorative purpose.

### Egg Salad Week

Each year, for the full week beginning the Monday after Easter, the U.S. egg industry observes Egg Salad Week. The week's purpose is the enjoyment of all the tasty recipes prepared with cooked and colored eggs. The occasion is meant to be fun, but is underscored with a serious intent. Since, at this time of year, refrigerators across America are stocked with Easter eggs (which should be used within a week of hard-cooking) the observance is both timely and appropriate.

### Tangy Raspberry Salad

(Serves 6)

- 2 tablespoons olive oil
- 1/3 cup water
- 3/4 cup raspberry vinegar
- 1 tablespoon orange juice
- 3/4 teaspoon finely minced garlic
- salt to taste
- pepper to taste
- 8 cups loosely packed, torn mixed salad greens (12 oz.)
- 1-1/2 cups fresh or frozen (no sugar added) raspberries
- 1 tablespoon chopped green onion with top
- 6 hard-cooked eggs, quartered



In a jar with a tight-fitting lid, shake together oil, water, vinegar, orange juice, garlic and seasonings. Set aside while preparing salad or refrigerate.

Place salad greens in a large bowl. Add raspberries, onions and eggs. Shake dressing again; pour over salad. Gently toss until ingredients are evenly coated with dressing.

Recipe Source: American Egg Board

For more free egg recipes, egg decorating tips, or information related to eggs and food safety, go to [www.nebraskapoultry.org](http://www.nebraskapoultry.org) or contact Mary Torell at [mtorell2@unl.edu](mailto:mtorell2@unl.edu) or 472-0752.

# Don't be "Myth"-Led by These Food Safety Myths

By Alice Henneman  
UNL Extension Educator  
and Joyce Jensen  
Lincoln-Lancaster County  
Health Department

Last issue we covered a few food safety myths. Here are some additional ones and the facts you need to know!

**MYTH 1:** If you let a food sit out more than two hours, you can make it safe by heating it really hot!

**FACT 1:** Some bacteria, such as *staphylococcus* (staph), produce toxins not destroyed by high cooking temperatures.

**MYTH 2:** If a hamburger is brown in the middle, it is cooked to a safe internal temperature.

**FACT 2:** 1 out of 4 hamburgers turns brown before it has been cooked to a

safe internal temperature. Research shows some ground beef patties look done at internal temperatures as low as 135° F.

The only way to tell if a hamburger has been cooked to a safe internal temperature is to use a food thermometer!

**MYTH 3:** Meat and poultry should be washed before cooking.

**FACT 3:** Washing meat and poultry is NOT necessary or recommended.

Washing increases the danger of cross-contamination, spreading bacteria present on the surface of meat and poultry to:

- ready-to-eat foods
- kitchen utensils
- counter surfaces

Cooking meat and poultry to the recommended internal temperature will make them safe to eat.

**MYTH 4:** We should be

scared of eating almost everything!

**FACT 4:** "... the American food supply continues to be among the safest in the world."

(Source: Robert E. Brackett, Ph.D., Director, Center for Food Safety and Applied Nutrition, Food and Drug Administration, U.S. Department of Health and Human Services, Nov. 15, 2006 at [http://help.senate.gov/Hearings/2006\\_11\\_15/Brackett.pdf](http://help.senate.gov/Hearings/2006_11_15/Brackett.pdf))

Proper food handling helps assure food is safe to eat. Four steps follow:

- 1) Clean—Wash hands and surfaces often.
- 2) Separate—Don't cross-contaminate.
- 3) Cook—cook to proper temperatures.
- 4) Chill—Refrigerate promptly.

**Remember: When in doubt ... TOSS IT OUT!!!**

For a PowerPoint presentation related to this material, go to <http://lanaster.unl.edu/food/myths.shtml>



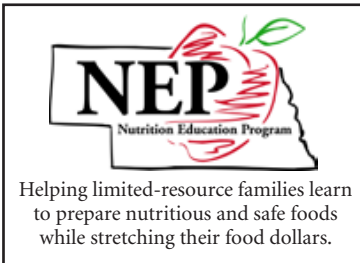
When measuring the temperature of a thin food, such as a hamburger patty, pork chop or chicken breast, an "instant-read" digital thermometer should be used, if possible.

If using an "instant-read" dial thermometer, the probe must be inserted in the side of the food so the entire sensing area (usually 2-3 inches) is positioned through the center of the food.

### USDA Recommended Safe Minimum Internal Temperatures

|                   |        |
|-------------------|--------|
| • Steaks & Roasts | 145° F |
| • Fish            | 145° F |
| • Pork            | 160° F |
| • Ground Beef     | 160° F |
| • Egg Dishes      | 160° F |
| • Chicken Breasts | 165° F |
| • Whole Poultry   | 165° F |

## Vegetables: More than Just a "Side Dish"



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Mardel Meinke  
UNL Extension Associate

Vegetables are often called a "side dish" on the menu. At home they are often a quick addition after the "main dish" or meat dish is planned. There are many ways to go about planning meals for the family. In the United States, we often plan our meals around the meat/protein meal component. In other areas of the world, including the Asian culture, meals are usually planned around the vegetables. They often serve a variety of vegetables with small amounts of meat or stock added for flavor. Hispanic and Middle Eastern cultures include a variety of vegetables, including beans, which are high in protein and contain many important nutrients found in vegetables.

The nutrients in vegetables include vitamins, minerals and phyto-chemicals (plant chemicals) our body needs. They often contain not only Vitamin A and C, but are rich in folate and potassium. They

satisfy hunger while adding few calories because they are rich in dietary fiber and water. Perhaps the greatest thing about vegetables is the color and eye appeal they add to our meal. Think deep rich colors such as deep red tomatoes, dark green peppers and bright orange carrots. Deeply colored vegetables are the most nutrient-dense, but even the white vegetables, like onions and garlic contain important phyto-chemicals.

For adults and children, 6 years and older, approximately 2½ cups of vegetables are recommended daily. Many of us don't reach that goal. So, we ask "How do I eat more vegetables and at the same time add more color, texture and taste to my food?" Here are some suggestions for incorporating vegetables into our daily fare.

**SALADS** are one of the easiest ways. Make the salad your main dish by including a variety of greens—Romaine, red leaf lettuce, spinach, cabbage, celery tops and many other choices. Iceberg lettuce contains few nutrients, so look for dark leafy greens. Then add other veggies (and even fruits) to your salad for color and textures. Add some colorful legumes, perhaps red beans or black beans or kidney beans. A low-fat or no-fat dressing can top off your salad.

**SOUPS** and vegetables are a natural. Go beyond

potatoes and carrots and add broccoli, cauliflower, squash, sweet potatoes, peppers or other vegetables to your soup. Add golden lentils or leftover mashed potatoes to thicken your soup and add nutrients. If using canned soups, make the soup much more appealing and increase the number of servings by adding extra vegetables.

**CASSEROLES AND SKILLET MEALS** (combination foods) already include a meat for protein and usually potatoes, pasta or rice. Adding a vegetables or two enhances the texture, color and flavor. Frozen vegetable mixtures work great in combination foods as well as fresh, frozen or canned veggies. To add color, drain a can of diced tomatoes and add to most any combination dish. Stir-fry vegetables are just one type of skillet meal. Kids and adults will enjoy trying some new vegetables, such as snow peas, bok choy, jicama or water chestnuts.

**SNACKS** can consist of all kinds of vegetables such as baby carrots, celery, cucumber, broccoli, tomatoes, cauliflower, snap peas or peppers. The secret to eating veggies for a snack is probably having the vegetables washed and ready to "grab and go" in the refrigerator. Including vegetables for a snack is an excellent way to boost your consumption, closer to the 2½ cups recommended daily.





# 2007 RESOURCE CONSERVATION GUIDE

- ✓ Reduce
- ✓ Reuse
- ✓ Recycle

A SPECIAL PULLOUT SECTION OF THE NEBLINE

Prepared by the University of Nebraska–Lincoln Extension in Lancaster County and the City of Lincoln Recycling Office



## Earth Day Reminds Us to “Think Globally and Act Locally”

Sunday, April 22, is the 37th anniversary of Earth Day. It is a day set aside to reflect about our environment and how we affect the environment. In the 1970s, environmentalists used the slogan “think globally and act locally.” That sentiment is still important today. Each of us in our daily actions impact the environment either positively or negatively. The purpose of this guide is to help you think about our environment and offer tips on how we can become better resource managers.

**The U.S. lifestyle accounts for 40 percent of the global consumption of resources!** People around the world want a similar lifestyle, but there are simply not enough resources in the world to provide six billion people with the goods and services we enjoy here.

**Our challenge is to “think globally and act locally” to bring about simple changes that allow us to save money and conserve resources.** Are there things you can do to save energy? For example, turning your thermostat down a degree or two in the winter and up a degree or two in the summer. Are there things in your daily life you can do to conserve water? For example, reducing your time in the shower or using a low-flow shower head. Are there things you can do to reduce the waste you generate? For example, buying items at the grocery store in bulk rather than individual packaged items.

Please take this insert and put it in a place you can refer to during the year. This Earth Day make a pledge to become a better resource manager.

## The Important First Step is “Reduce”

We all know how important it is to recycle. But let’s stop and think about why we recycle. For many people, it’s to reduce waste and save landfill space. By recycling, we don’t have to throw things away, helping us to conserve our precious resources. Recycling is working, but recycling alone cannot solve all of our solid waste problems.

Remember the three “R’s”: reduce, reuse and recycle. Which one comes first? It’s reduce. And it’s first for a reason. ***It’s better not to create waste than to have to figure out what to do with it.*** As Benjamin Franklin said, “an ounce of prevention is worth a pound of cure.”

**Our challenge is to bring about simple changes that allow us to save money and conserve resources.**

While being more important, waste reduction is perhaps the most difficult of the three R’s. It requires us to change our lifestyles and rethink how our daily actions impact the environment. In 1960, when the globe had half the current population, the average American produced approximately 2.5 pounds of trash per day. Today the average American produces more than 4.5 pounds of trash per day. The American lifestyle is the most resource intensive on the planet. Even with higher recycling rates, we have not been able to keep up with consumption.

Did you know in 2006, City Solid Waste Operations staff estimate roughly 304,000 tons of waste was disposed of by Lincoln and Lancaster County residents? This represents 2,294 pounds of garbage per person for the year. In 2000, we produced 2,311 pounds of garbage per person for the year. The rate of garbage disposal per person has dropped. However, more waste is generated per person in Lincoln than cities in European countries such as Germany

or in Pacific Rim countries such as Japan.

Remember when we only got one telephone directory? Today we get four from different companies. Help stop the waste. Choose a directory you want to use and contact the other firms and ask them not to deliver a directory to your home or business.

We should not only be concerned about the volume of solid waste we generate each year, but we should also be concerned about the toxicity of our waste. According to USEPA, Americans generate 1.6 million tons of household hazardous waste each year. The average American home has accumulated as much as 100 pounds of household hazardous waste. This household hazardous waste can also cause health problems. Over five million poison exposures occur each year in the U.S. Roughly 92 percent of these poisonings occur in the home and 53 percent involve children under the age of six. ***Much of this waste and many of the injuries could be eliminated through the purchase of less toxic alternative materials.***

## EcoStores: Great for the Environment and Your Budget

Your next remodeling project could do more than improve your living environment. It could also help improve the natural environment and give a boost to your bottom line.

In May 2005, EcoStores Nebraska introduced a new building materials concept to Lincoln-area weekend warriors and professional builders at its 13,000-square-foot warehouse store at 530 West P Street. EcoStores collects and resells quality, salvageable construction materials, equipment and systems as part of its mission to reduce the waste of natural resources.

“About 135 million tons of construction and demolition waste is annually dumped into our landfills,” said W. Cecil Steward, founder and director of the store. “Much of the waste is composed of usable and even high-quality materials, including leftover construction materials that are often virtually unused.”

Steward says he hopes to keep some of that waste from going to the local landfills by offering individuals, contractors and building companies an alternative destination for used or overstock materials as well as an alternative source for building supplies.



EcoStores’ inventory includes doors.

It’s also a great destination for weekend “do-it-yourselfers.”

“If you’re remodeling your kitchen, rather than throw out the sink, the countertop or the cupboards, you can bring them to us. We’ll take them if they’re in usable condition, and chances are we might have something in stock to replace them,” he said.

The incentives for builders large and small go beyond helping the environment. Steward said donors of materials will get a receipt for tax deductions, and buyers will

find a wide variety of building materials that can be purchased at half or less of their retail cost.

EcoStores’ diverse and rapidly growing inventory includes all shapes, sizes and styles of doors and windows; wood trim, boards, paneling and flooring; office furniture including desks, dividers and file/storage cabinets; kitchen and bathroom fixtures including sinks, tubs and cabinets; electrical fittings and fixtures including ceiling fans; a wide range of commercial shelving and many other building and construction-related items.

EcoStores also features new, unused overstock items from building retailers as well as materials and fixtures collected by deconstruction teams from the Nebraska Center for Sustainable Construction (NCSC), which operates EcoStores. NCSC deconstruction teams are trained to dismantle and reuse materials and fixtures from whole or partial buildings. The NCSC also conducts job training and educational programs for sustainable, green construction methods.

### ECOSTORES NEBRASKA

530 West P Street  
(402) 477-3606  
www.ecostoresne.org  
Hours: Mon–Fri, Noon to 6 p.m.  
Saturdays, 10 a.m. to 4 p.m.  
Sundays & Holidays, closed



In 2006, roughly 304,000 tons of waste was disposed of by Lincoln and Lancaster County residents — this represents 2,294 pounds of garbage per person for the year.



# Recycling is Best Option for Disposing of Computers

Old computers and other electronic devices are the fastest growing portion of our waste stream. A household computer is expected to last 3-5 years; while in a business environment, a computer's life expectancy is about 2 years. Studies show more than 315 million desktop and laptop computers will become obsolete in the United States within a few years. That's roughly one computer for every person in the U.S. and the problem will only get worse. As technology becomes more advanced, people will continue to upgrade their electronic devices such as TV's and computers.

Computers commonly contain over a dozen metals ranging from precious to hazardous. They can actually be a very valuable resource when they are recycled. Precious metals found inside such as platinum, silver and especially gold have a high value. One metric ton of circuit boards and other electronic scrap from computers contain more gold than that recovered from 17 tons of gold ore.

The hazardous side of e-waste has become a global concern for human health and the environment. High amounts of lead, mercury and cadmium and other metals have classified e-waste as hazardous, therefore, complicating the disposal process for old computers. Along with the 315 million computers becoming obsolete, will come over 1.2 billion pounds of lead. The dangers to humans, plants, animals and the environment of these heavy metals are well known and why the disposal of this material is an issue of growing concern. In Lincoln, businesses are not allowed



to dispose of their computer equipment in the landfill. Households are exempt from these regulations and may dispose of them in the landfill.

So what happens to obsolete computers? It is believed that 75% of obsolete computers are stored by their owners because they are perceived to have some value. The remainder are recycled or put in a landfill. Many of those being stored are eventually disposed of as well. Recycling is always the best option for disposing of computers.

The Lincoln Recycling Office encourages those with old computers to recycle or reuse their equipment. See list at right for local organizations which accept computer donations and local businesses which recycle computers. Generally, households will need to deliver their computers to a local recycler. However, businesses which have a larger quantity of computer equipment can have businesses come to their facility and pick up the equipment for a fee.

If you have additional questions about computer recycling, please contact the recycling hotline at 441-8215.

## Computer Donations

**CATHOLIC SCHOOLS**  
488-2040, ext. 420  
*Computer requirements: P4, 128MB. Will accept laser printers. Flat screen monitors only.*

**CRAYONS TO COMPUTERS, LINCOLN PUBLIC SCHOOLS**  
c/o Ventures in Partnership  
436-1012  
*Computer requirements: P4, 512MB. Flat screen monitors only.*

**LINCOLN ACTION PROGRAM**  
210 "O" Street  
471-4528  
[www.lincoln-action.org](http://www.lincoln-action.org)  
*Accepts all computers, Pentium or newer.*

**SDMS, INC.**  
6005 Aylesworth Avenue  
464-4357  
[www.sdmsinc.com](http://www.sdmsinc.com)

## Residential Computer Recycling

**COMPUTER RENAISSANCE**  
330 N. 48 Street, Suite B  
465-4040  
*Fees apply.*

**SCHROCK INNOVATIONS**  
7160 S. 29 Street  
423-9595  
*Fees apply.*

**TECHWARE RECYCLING**  
1835 W. "O" Street  
499-3103  
*Fees apply.*

## Business Computer Recycling

**A-TEC RECYCLING**  
Des Moines, IA  
(800) 551-4912  
[www.a-tec-recycling.com](http://www.a-tec-recycling.com)

**CP RECOVERY**  
Omaha, NE  
(888) 411-6975, (402) 339-1513  
[www.cprecovery.com](http://www.cprecovery.com)

**ELECTRONIC RECYCLERS**  
Omaha, NE  
(402) 658-9682

**MERCURY WASTE SOLUTIONS**  
Roseville, MN  
(651) 628-9370, (877) 636-6514  
[www.mwsi.com](http://www.mwsi.com)

**MIDWEST ELECTRONIC RECOVERY**  
Walford, IA  
(319) 845-2000  
[www.ewasterecycle.com](http://www.ewasterecycle.com)

**MIDWEST LAMP RECYCLING, INC.**  
Madison, WI  
(800) 311-9636  
[www.budgetlampreclaimers.com](http://www.budgetlampreclaimers.com)

**NUGENESIS ,INC.**  
Mooreville, IN  
(317) 834-8200, (800) 487-1010

**TECHWARE RECYCLING**  
1835 West "O" Street, Lincoln, NE  
(402) 499-3103

**UNIVAR USA, INC.**  
Omaha, NE  
(800) 909-4897  
[www.chemcare.com](http://www.chemcare.com)

## Who To Contact For More Information

### CITY OF LINCOLN

- **Recycling Operations** (recycling hotline) – 441-8215
- **Solid Waste Operations** (landfill disposal information) 441-8102
- **Wastewater Operations** (wastewater or sewer assistance) 441-7961
- **Water Production & Distribution** (water distribution, quality or conservation steps) – 441-7571
- **Watershed Management** (storm drain, erosion control or mud in street) 441-4959
- **Parks and Recreation Department** (parks and green space) – 441-7847  
<http://lincoln.ne.gov>

### LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT

- **Hazardous Waste** (assistance for households and businesses) 441-8021
- **Air Quality** — 441-8040
- **Keep Lincoln and Lancaster County Beautiful** – 441-8035  
<http://lincoln.ne.gov>

**WASTECAP OF NEBRASKA**  
(Business recycling assistance) 436-2383  
<http://wastecapne.org>

**UNIVERSITY OF NEBRASKA—LINCOLN EXTENSION IN LANCASTER COUNTY**  
(Information on recycling, yard waste alternatives, agricultural pesticide container recycling, and more.) 441-7180  
<http://lancaster.unl.edu>

# Reduce Hazardous Waste For Home

The best way to protect your home from toxic materials is to keep them out of the home. To keep these materials out of the home, buy less hazardous materials.

When deciding which products to buy, read the labels on the products. If the product label says the product can be cleaned up with water, the product probably is not toxic or hazardous. A good example of this type of product is latex paint. The paint can label will say you can clean brushes and your hands with soap and water. Latex paint is less hazardous and less toxic.

## Hazardous Products

Products are considered hazardous if they are:

- **Flammable or Combustible:** They can easily ignite.
- **Explosive or Reactive:** They can detonate or explode through exposure to heat, sudden shock or pressure.
- **Corrosive:** They can cause a chemical reaction that can burn or destroy living tissue or other materials.
- **Toxic:** They are capable of causing injury or death through ingestion, inhalation or skin absorption.

## Read the Label

Labels of hazardous products are required by law to include certain warnings. Hazardous product labels often list the principal hazards such as "flammable," "causes burns to skin and eyes," or "vapor harmful." Key words to look for are called "Signal Words." Signal words indicate the level of toxicity of the

product. Purchase the products with the safest or lowest level of hazard.

- **No Word:** if the labels contain no signal word or special warnings, or if it explains you can use water or soap in clean up, the product is safe to use.
- **Caution:** the product is slightly toxic. This product with this signal word on the label is not as safe as the first product but is safer to use than products with any other signal word on the label.
- **Warning:** the product is moderately toxic. This product is more hazardous than one with "caution" on the label.
- **Danger:** The product is highly toxic, corrosive or extremely flammable.
- **Poison:** The product is highly toxic.

## Minimize Your Risk

Make sure the product you want to buy poses the lowest level of risk by reading and understanding the label. Purchase the product with the lowest

level signal word. If the label does not contain words like "Flammable," "Corrosive," "Explosive," "Reactive," "Poison" "Toxic," or "Hazardous," the product may be safe to use.

The words "natural" or "organic" do not indicate a safe product. A product labeled "all natural ingredients" can still contain hazardous materials. If you feel uncomfortable with the ingredients or the instructions for use, do not purchase the product.

Accidental ingestion of certain products or breathing fumes can cause injury or death. Keep away from small children and pets. If you can't keep children or pets away from it, do not buy it. Many labels will specifically say to keep out of the reach of children. Many lawn products warn to keep children and pets off the lawn for a period of time after applying product.

# Businesses Toxics Reduction

The best way for businesses to avoid the health risks and costs of hazardous materials is to reduce or eliminate the materials.

The first step is to reduce the amount of hazardous materials businesses own or use. Some people will read the directions on a product and use twice as much as is recommended. They believe more is better or will work faster. The amount not needed to do the job is waste. A smart choice is to buy material just before it is needed. Don't buy large quantities and store them on site, doing so invites dangerous accidents. Buying what is needed when it is needed, reduces the risk of accidents.

The second step is to reduce the hazard. Buy materials least hazardous or toxic possible to do the job. Many manufacturers now make citrus-based or water-based solvents. Buy latex and water-based paints. Avoid products that have the words "warning," "danger" or "poison" on the label. If a product requires users to have special training or protective equipment, that is a potentially hazardous product.

Solvent substitution information is available on several Web sites:

- The Solvent Alternative Guide (SAGE) at <http://clean.rti.org>
- Enviro\$en\$e at <http://es.epa.gov>
- The Western Regional Pollution Prevention Network (WRPPN) at <http://www.wrppn.org/irta>

Buy materials least hazardous or toxic possible to do the job.



# Lincoln's LinGro Recycles Grass and Leaves

## What is LinGro?

LinGro is produced primarily from grass clippings, leaves and wood chips. These materials are blended by the Public Works and Utilities Department, Solid Waste Operations. Constant monitoring is performed on all materials to ensure a consistent and high-quality product.

LinGro is a humus-like material high in organic matter. It is screened with a 1/2 inch screen to ensure uniform texture. It generally has the following characteristics:

- Total Nitrogen (N): 1.2-3.3 percent
- Phosphorus (P): 0.3-0.4 percent
- Potassium (K): 1.0-2.1 percent
- pH: 7.5-7.8

## Benefits of Using LinGro as a Soil Amendment

The clay soils that exist in Lincoln and Lancaster County can benefit from incorporating LinGro. The main advantage to LinGro is its ability to improve the soil structure. The clay soils found in Lincoln and Lancaster County are improved in the following ways.

- Increased water holding capacity of the soil.
- Addition of beneficial soil micro organisms.
- Decreased bulk density of the soils.
- Increased soil porosity.

Plants will benefit from the use of LinGro when it is properly incorporated into the soil. Among the benefits are:

- Increased root and leaf development.
- Increased flower, fruit or vegetable production.
- Increased health and vigor enabling the plant to better resist attacks of diseases and insects.

Turf also benefits from the use of LinGro properly incorporated into the soil. In addition to the benefits listed



Lincoln's 16-acre yard waste compost facility receives about 20,000 tons of grass, leaves and brush each year.

above, turf becomes denser and have a darker green color when compost is used. Homeowners can also benefit through water conservation because less water runs off the yard and instead is absorbed into the root zone of the turf. Building soil health—the structure,

organic content and diverse life of the soil—is the key to growing healthy, vigorous grass that out-competes most weeds, resists disease, stands up to drought and is easy to care for.

## How to Obtain LinGro

Each spring the City of Lincoln sets aside a certain quantity of LinGro for distribution to the public at no cost. The material is available at the 48th Street Transfer Station, 5101 North 48th Street. The material is available on a first-come, first-served basis and individuals must self-load the compost.

Individuals and businesses may order LinGro directly from the City of Lincoln's compost facility. There is a



\$6 per cubic yard charge for the compost plus a delivery fee of \$50 per dump truck load. Delivery will be made anywhere in Lancaster County. Individuals may also arrange their own transportation

of the material. Individuals will need to pre-pay for the material and delivery. Persons can place an order by calling any of the following:

- Bluff Road Landfill and Compost Facility: 441-8102
- Transfer Station Supervisor: 441-8336
- Recycling Coordinator: 441-7043

## Woodchips Also Available

Woodchips can also be obtained directly through the City of Lincoln's compost facility. There is a \$5 per cubic yard charge for the woodchips plus delivery. For more information, call 441-8102.

## LinGro Recommended Application Rates

LinGro is the natural choice for improving the quality of your soil and turf. LinGro should be incorporated into the root zone of plants and turf to be most effective. For every inch of compost applied, till into six inches of soil. In heavy clay soils, it is recommended the soil be tilled first, then apply compost followed by another rototilling. This ensures the compost is thoroughly dispersed in the root zone.

**Established Lawns**—Aerate the lawn and broadcast spread LinGro approximately 1/8 to 1/4 inch deep and water thoroughly. Some professionals use a 60/40 mix of compost and sand or topsoil, which is heavier than pure compost and settles into aeration holes or thatch layers more readily. Repeat spring and fall on cool

season lawns. One cubic yard of LinGro will cover 1,296 square foot area.

**New Lawns (prior to seeding or sodding)**—Apply one-inch of LinGro over the area to be seeded or sodded. Additional compost may be applied. For every inch of compost, till 4 to 6 inches into the soil. One cubic yard of LinGro will cover a 325 square foot area. Many times home builders will dig out a basement for the home and apply the soil on the homeowners lot. For heavy clay soils it is recommended the clay soils be rototilled prior to application of the compost.

**Flower and Vegetable Gardens**—In spring or fall, apply a one to two inch layer of LinGro over the entire garden area and till into 6 to 12 inches of soil. For established

perennial flower beds, apply one inch layer of LinGro and mix lightly with existing soil. When thinning perennials mix compost thoroughly with soil in planting area.

**Trees and Shrubs**—Apply 1 to 2 inch layer of LinGro on the surface of the ground in a radius not to exceed the drip line of the plant. For best results aerate prior to application.

**House Plant Potting Mix**—LinGro generally has an alkaline pH. It may be necessary to add aluminum sulfate or some other form of water soluble acidifier in potting mixes for pH sensitive plants. Mix thoroughly (amounts listed by volume): two parts LinGro; three parts top soil; two parts peat moss; one part sand or vermiculite.

# Compost Has Many Uses

## Mulch

In nature, plants and trees drop leaves that accumulate at their bases. Every year, a new layer is added while the old layers start to decompose. This is leaf mold and it is a form of compost. What nature is doing is providing a protective layer over the roots of plants. This layer of vegetative material protects the bare soil during the summer months by reducing soil temperature, suppressing weed growth and reducing soil moisture loss. Compost can do the same thing in gardens and landscapes.

To prepare any area for mulching, first clear away grass or weeds that might grow up through the mulch. Make sure to remove the roots of tough perennial weeds.

When using compost as a mulch in flower beds, vegetable gardens, landscape beds or lawns, screen the finished compost. A simple screen can be made using 1/2-inch mesh hardware cloth and attaching it to a wooden frame. Place the screen over a wheelbarrow or other container and sift the compost into it. The large pieces left behind can go into your next compost pile as an activator, introducing the necessary microorganisms.

Cover the garden or bed area with screened compost to a depth of one to two inches. When applying compost on a lawn, be sure it is finely ground or sifted. There is less of a chance of smothering the lawn. A 1/4-inch mesh hardware cloth works even better. One

way to incorporate the compost is to aerate the sod, then apply a 1/8-inch to 1/4-inch covering of fine compost. Use a rake to distribute the compost into the corings. When mulching around trees and shrubs, screening may not be necessary. This is really a matter of aesthetic desire.

## Soil Amendment

When starting a new garden soil, amending is recommended before planting. It is so much easier to add compost now than it is after the garden is planted. Cover the garden area with 1 to 2 inches of compost and till it into the upper six inches of the soil. If the garden is already established and you want to incorporate compost deeply into the soil, your options are limited.

With perennials, every time a new plant is added to the garden or an old one is divided, add compost. With annuals, add compost every spring. Loosen up the entire area where annuals will be planted and work in compost.

Around existing trees it may be difficult to incorporate into the upper six inches of the soil. Drill 1 to 2-inch diameter holes 12 inches deep in the soil throughout the tree canopy and beyond at 18-inch spacing. Fill the bottom of each hole with recommended rates of dry fertilizer and then top off the holes with compost. For shrubs, the holes only need to be drilled 8 to 10 inches deep. This treatment should supply nutrients for two to three years.

## Using Compost in Potting Mixes

Blend fine-textured compost into potting mixtures. However, make sure the compost does not make up more than one quarter of the potting mixture's volume. Plants growing in containers are entirely reliant on the water and nutrients provided in the potting mix. Compost is excellent for container growing mixes, because it stores moisture effectively and provides a variety of nutrients not typically supplied in commercial fertilizers or soil-free potting mixes. Fertilize containers on a regular basis to provide the high volume of nutrients they need. Finely sifted compost can also be used in seed starting mixtures.

## Compost Tea

An old fashioned way of providing liquid fertilizer for plants is to brew compost tea. Similar to manure tea, compost tea gives plants a good dose of nutrients. Compost tea works especially well for providing nutrients to new transplants and young seedlings. To make compost tea fill a burlap sack or an old pillow case with finished compost

and secure the open end. Place in a tub, barrel or watering can filled with water. Agitate for a few minutes and then let it steep for a few days. Water will leach out nutrients from the compost and the mixture will take on the color of tea. Spray or pour compost tea on and around plants. Use the bag of compost for several batches. Afterwards, simply empty the bag's contents onto the garden.



To screen compost, place a 1/2-inch mesh screen over a wheelbarrow and sift the compost into it.



# Recycling is Easy and Conserves Resources

One of the easiest things for people to do to help conserve resources is to recycle. If you currently don't recycle, please start. If you recycle aluminum cans or newspapers, you can recycle other items such as glass bottles, #1 or #2 plastic containers, cardboard or junk mail. If you recycle at home, consider starting a recycling program at work. If you recycle at work, consider starting to recycle at home.

In fiscal year (FY) 2005–06 a total of 6,681 tons of recyclables were collected at the recycling drop-off sites in Lincoln and Lancaster County. This represents a 10.6 percent increase over the 6,042 tons of material collected in FY 2001–02. The amount of material recycled last fiscal year represents an all-time high for the amount of recyclables collected through the drop-off program.

Not only does recycling conserve limited resources, it also saves valuable landfill space. Since 1992, government sponsored recycling programs have added close to 4 years to the life of the landfill. If we stopped recycling and let everything be buried in the landfill we would close the landfill seven years sooner, in 2023 instead of the current projection of 2030.

In the first two years of the decade we saw a 5 percent decline in the amount of material recycled at the drop-off sites. **We are very pleased we have reversed that trend and more material is being recycled.** We'd like to continue this increase, and in order to accomplish it, we need your help. Make a pledge and increase the amount of material you recycle and buy recycled-content products.

For more information on recycling, please check our Web site at [www.lincoln.ne.gov](http://www.lincoln.ne.gov). Type in the keyword recycle. You can also contact the recycling office at 441-8215.

**Recycling of aluminum cans saves 95% of the energy required to make the same amount of aluminum from its virgin source. One ton of aluminum recycled saves the energy equivalent of 40 barrels of oil.**

do the right thing... do the recycle thing!

## It's Easy to Recycle in Your Neighborhood!

There are 5 Newspaper Only and 22 Multi-Material Recycling Drop-Off Centers located in Lincoln and 6 Multi-Material Sites in the County. Here's what materials are acceptable at the Multi-Material Recycling Sites.



|                              | YES  | NO  |
|------------------------------|--|---|
| Newspapers                   | Inserts OK<br>Put newspapers in paper bag  | No other paper  |
| Cardboard Boxes              | Flatten cardboard paperboard (i.e. cereal boxes) OK<br>All boxes must be flattened and placed inside recycling containers  | No packing material<br>No dirty boxes<br>No waxed cardboard                                     |
| Cans                         | All food and beverage cans<br>Rinse, clean and flatten aluminum and tin cans and place in separate recycling compartments  | No aluminum foil<br>No aluminum pie pans<br>No metal cookware<br>No scrap metal                 |
| Glass Bottles and Jars       | All food and beverage glass<br>Green, brown and clear glass OK<br>Labels OK<br>Rinse clean. Take off lids. Separate by color and place in separate recycling compartments. | No drinking glasses<br>No window glass<br>No dishes<br>No light bulbs<br>No ceramics<br>No lids |
| Plastic #1 and #2 Containers | All #1 and #2 plastic bottles and containers<br>Labels OK<br>Rinse clean. Take off lids. Place in separate recycling compartments.   | No motor oil containers<br>No plastic toys<br>No other plastic bottles or containers            |
| Residential Mixed Papers     | Mail, magazines, office and school paper and telephone directories<br>Put clean paper together in a paper bag. Keep newspapers separate.                                   | No tissue paper<br>No milk cartons or juice boxes<br>No paper plates<br>No newspaper            |



Contact 441-8215 for more information on proper separation of recyclables.

"for our families for our future"

Designed by Citizen Information Center 01/2006

# RECYCLING

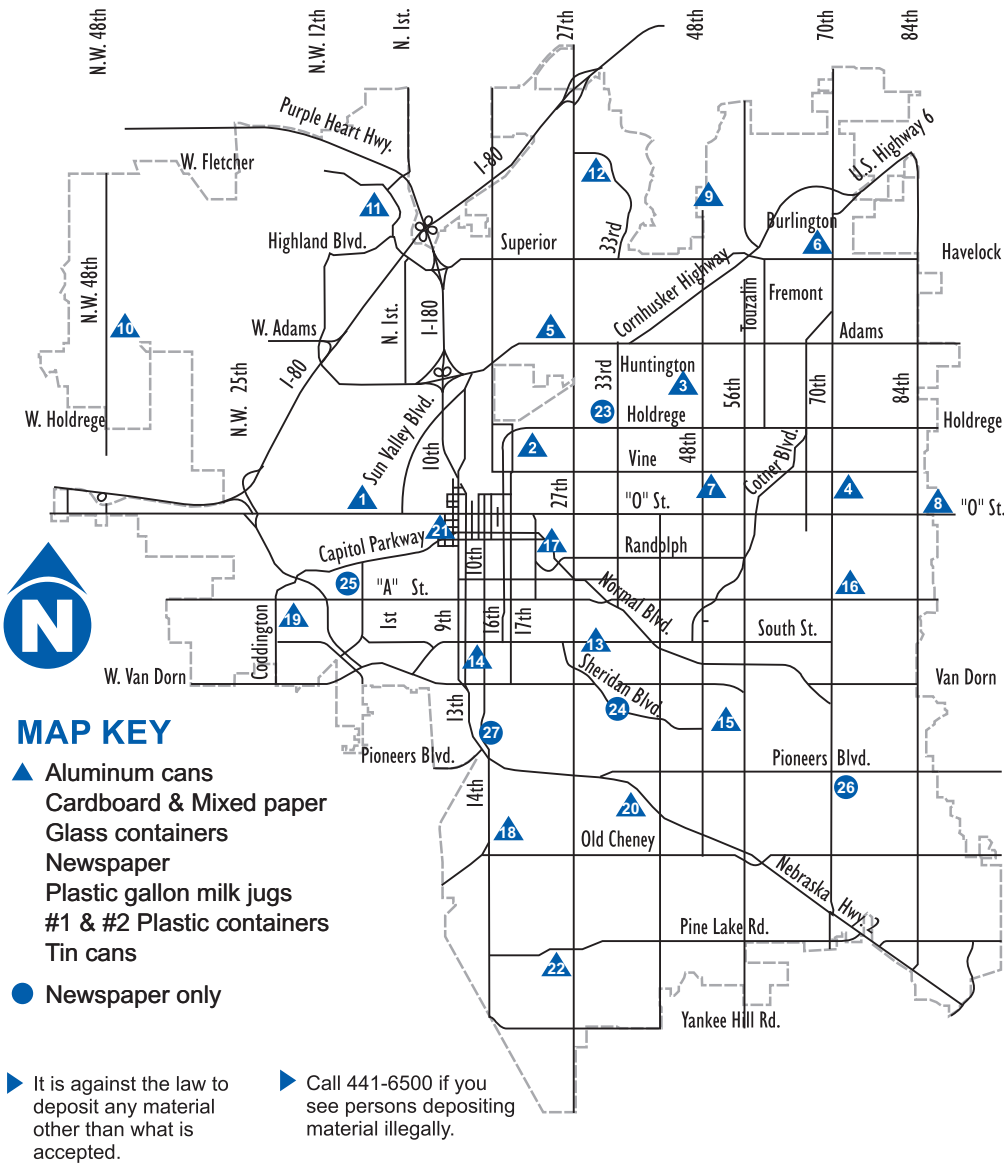
## In Lincoln

### Drop-Off Site Locations

| North   | South  |
|---|--|
| 1 N.W. Roundhouse Dr. & W. "P" Streets                                    | 13 Leon's Food Mart, 32nd & South Streets                          |
| 2 UNL Food Stores Warehouse, 122 N. 17th Street                           | 14 Trabert Hall 12th & South Streets                               |
| 3 University Place, 47th & St. Paul Streets                               | 15 Union College athletic field parking lot, 53rd & Calvert        |
| 4 Gates of Praise Church, 70th & Vine Streets                             | 16 East High School Seacrest Field parking lot, 70th & "A" Streets |
| 5 A & J Recycling Center, Knox & N. 20th Street<br>Opens summer 2007      | 17 Hamilton College parking lot, 19th & "L" Streets                |
| 6 Russ's Market, 63rd & Platte Avenue                                     | 18 Pepsi Cola Distribution Facility 1901 Windhoek Drive            |
| 7 Centro Plaza, 48th & "R" Streets  | 19 Russ's Market, 1550 S. Coddington<br>Limited hours of operation |
| 8 Southeast Community College, 88th & "O" Streets                         | 20 Russ's Market, 33rd & Highway 2                                 |
| 9 48th Street Transfer, 5101 N. 48th Street<br>Limited hours of operation | 21 Midland Reclcyng, 440 J St.<br>Opens spring 2007                |
| 10 Air Park Recreation Center, 3710 N.W. 46th Street                      | 22 Super Saver, 27th & Pine Lake Road<br>Opens summer 2007         |
| 11 Highlands Fire Station 5435 N.W. 1st Street                            |  |
| 12 North Star High School, 5801 N. 33rd Street<br>Opens summer 2007       |  |

### NEWSPAPER ONLY Drop-Off Sites

| North  | South   |
|--|---|
| 23 UNL East Campus Parking Lot Behind Fire Station No. 2 33rd & Holdrege Streets | 24 St. John XXIII Center 3700 Sheridan Boulevard      |
|  | 25 Willard Community Center Folsom & West "B" Streets |
|  | 26 All Saints Lutheran Church 8251 Pioneers Boulevard |
|  | 27 Indian Village 13th & High Streets                 |



### MAP KEY

- ▲ Aluminum cans  
Cardboard & Mixed paper  
Glass containers  
Newspaper  
Plastic gallon milk jugs  
#1 & #2 Plastic containers  
Tin cans
- Newspaper only

► It is against the law to deposit any material other than what is accepted.

► Call 441-6500 if you see persons depositing material illegally.

### Private Curbside Recycling

The following recyclers provide the convenience of curbside recycling for a monthly fee:

|                       |          |
|-----------------------|----------|
| Midwest Refuse        | 475-0244 |
| Recycling Enterprises | 421-6655 |
| Star City Recycling   | 890-4320 |

### Additional Communities

Bennet Refuse Transfer Station  
Davey Refuse Transfer Station  
Firth Community Center  
Hickman City Park  
Panama Refuse Transfer Station  
Waverly, Waverly Plaza



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

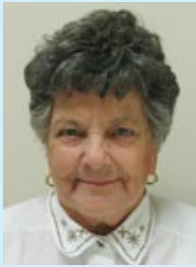
### President's Notes — Alice's Analysis

**Alice Doane**  
*FCE Council Chair*

As I write this analysis on March 2, it is basketball weekend and lambing time. We can expect bad weather. (We got it.)

Thirty-nine years ago, Ted had synchronized the ewes to lamb that weekend. It was very cold and snow on the ground. Thursday night of that week we had been up all night and had to bring three lambs into the boot room to get warm. The next morning, Ted sent me to town to get heat lamps as soon as Bonnie got on the school bus.

As I was leaving for town, who should drive in the yard but a caseworker from



Nebraska's Children Home in Omaha. She had never seen anything born. This was going to be interesting. She went with me to town. When we returned home we headed for the barn.

She saw six lambs born. We finally sat down to talk about the adoption of Amy. Before she left, she had to go back to the barn to see the new lambs.

May 17 we received a call from Children's Home, we had an eleven-month old daughter. When we picked up Amy, the director said, "we learned all about lambing at the Monday staff meeting after the caseworker visited

your home."

Remember to mark your calendar for the following FCE dates:

- Council Meeting on March 26. Hostesses will be Emerald and Live 'N Learn Clubs.
- Southeast District Meeting on March 29. You should have received a flier about the day's program.
- Sizzling Summer Sampler will be held July 10.

Looking for your ideas for a program.

- National FCE Meeting will be held in Omaha, Aug. 10–12. Aug. 9 will be different tours around Omaha. You should have received your FCE Today newsletter with details.
- State Convention will be Sept. 21–23 in Gretna.



## FCE News & Events

### Council Meeting, March 26

The March FCE Council meeting will be Monday, March 26, 1 p.m. at the Lancaster Extension Education Center. The program will be presented by Susan Glissman, supervisor of the Lincoln Public Schools Behavior Skills Program. The business meeting will follow.

### Southeast District Meeting, March 29

Lancaster County is hosting the Southeast District FCE Meeting on Thursday, March 29, 9:30 a.m.–2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Jan Broer, Southeast District Director and a member of the Beltline FCE in our county, is organizing the event. The main speaker will be Fayrene Hamouz, UNL Associate Professor in Culinary Arts, who will

present "Chocolate, Chocolate, Chocolate." Registration fee is \$10 and includes lunch. Preregistrations were due by March 20 — if you are interested in attending, call Pam at 441-7180.

### FCE Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2007 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

## Teens & Cell Phones — Cameras, Internet and Music

**Maureen Burson**  
*UNL Extension Educator*

How much is your family spending on technology today compared to five years ago? Recently, the number of wireless phone lines has surpassed land lines. With economical costs to add a second and third line, cell phones are a great convenience for the entire family.

Cellular phones have provided opportunities to build family linkages which could not be imagined five years ago. Technology advances can also become expensive and addictive distractions if consumers over indulge.

Cell phones are primarily used for talking and text messaging, but secondary uses such as camera, Internet and music are rapidly becoming popular. One of the challenges parents face is monitoring and keeping track of their kids' cell phone use. Small, hand-held screens make it hard to "watch what your kids watch."

### Cell Phone Cameras

Personal privacy is harder to find when people can snap pictures quickly and easily on their phones.

- Talk to your kids about appropriate and inappropriate camera use.
- Talk to your kids about the consequences of putting incriminating or inappropriate pictures and videos on public sites like YouTube or MySpace.
- Make sure your kids know to not send personal photographs online to people they don't know.

### Cell Phone Internet Access

- It can still be very expensive to access the Internet—resulting in cell phone bills teens and parents weren't planning on. If you do allow Internet access on phones, set limits to online time.
- Kids can download inappropriate messages or pictures off the Internet and send them to their friends. Talk about cell phone "etiquette."

### Cell Phone Music

Many phone companies are launching features where favorite songs can be stored on cell phones. Because of this, parents should consider:

- Buying music online can be expensive—help your kids create a music budget.
- It is easier to "impulse buy" when you can buy music online straight from your cell phone. Talk to your kids about how and when to buy music.
- Ask your kids what they are listening to on their phones. Try to listen to it.

Review the cell phone bill with your child. Make sure the expenses are what you both had planned on.

Source: Rich Batten, Colorado State University Cooperative Extension.

### FOR MORE INFO

For more information about communicating with children go to the UNL Extension publications Web site at [www.ianrpubs.unl.edu](http://www.ianrpubs.unl.edu) and browse under Families.



by Lorene Bartos, UNL Extension Educator

### Removing Easter Egg Dye Stains

Coloring Easter eggs is a fun activity for families. Despite laminated aprons and a plastic tablecloth, kids manage to get the dye on their clothes. To remove these stains, pretreat stains with a pre-wash stain remover and then launder. If the stain remains, mix a solution of ¼ cup of oxygen bleach or ¼ cup of chlorine bleach (if safe for the fabric) per gallon of cool water. Soak for 30 minutes. Rinse, and then launder.

## First Shred Day in Lincoln, April 28

Identity theft is one of the fastest growing crimes, affecting nearly one in 20 adults. Are you looking for a safe way to recycle your personal and tax documents? In conjunction with Clean Your Files Week, Shred Day 2007 will be held Saturday, April 28 from 9 am until 12 noon. This is the first event of its kind in Lincoln, allowing households and businesses to shred their confidential information AND have the paper recycled.

Bring your documents to any of the following locations on April 28 for certified document destruction:

- Recycling Enterprises, 3900 Industrial Ave.
- Midland Recycling, 440 J St.
- Shredding Solutions Mobile Shredding, east of the Famous Dave's Parking lot at SouthPointe Pavilions Shopping Center, 27th and Pine Lake Road

There is no fee for the first 75 pounds, equivalent to a large banker's box. Those with more than 75 pounds should contact WasteCap at 434-7376



for information on how to schedule an appointment with one of the recyclers. In-kind donations will be accepted, with proceeds supporting local recycling programs.

The event is presented by WasteCap Nebraska, with The Lincoln Recycling Office, Midland Recycling, Recycling Enterprises, and Shredding Solutions. WasteCap Nebraska is a non-profit organization which provides recycling market development and business recycling assistance. For more information contact Kari with WasteCap Nebraska at 434-7376.

## TV Turnoff Week, April 23–29

Watching TV cuts into family time, contributes to unhealthy lifestyles, obesity and children's ability to read and succeed in school. Research shows on average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school this year (900 hours).

Also, 40 percent of Americans frequently watch television during dinner.

How much TV does your family watch? TV Turnoff Week is a week for families to turn off the TV and do other activities such as playing

games, reading, walking, enjoying nature and each other.

It also gives us a chance to think, create and do. It is a good time to connect with our families and engage in our communities.

To find more information about TV Turnoff Week including an online activity book, go the Web site [www.tvturnoff.org](http://www.tvturnoff.org)

Join many other families, organizations and agencies during this week by turning off your TV.

Turn on life and see how creative you can be during those usual TV times.







April

Roberta Sandhorst

Lancaster County 4-H is proud to announce Roberta Sandhorst as winner of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Roberta has been a 4-H volunteer for seven years: five years as leader of the Sunshine club (which her daughter was a member of)

and two years as leader of the Friends 4 Ever club. Roberta has also been a Clover College instructor, assisted with horticulture exhibits at the Lancaster County Fair, and volunteered at the 4-H Food Booth at county fair.

Elise Kreikemeier, a member of Friends 4 Ever, nominated her, saying, "Roberta helps us to understand what we're working on. She is very patient with us. She does fun activities with us like passing kitchen objects under the table and guessing what they are."

Roberta says, "I like being a 4-H volunteer because I like that 4-H focuses on life skills, community service and leadership among others. My club members enjoy literally everything we do which makes being a leader so rewarding and enjoyable. My favorite experience as a 4-H volunteer was taking the club to the County Fair to see their exhibits on display. We also spent a lot of time looking at other exhibits and getting great ideas!"

In addition to volunteering for 4-H, Roberta volunteers as a University of Nebraska-Lincoln Extension Master Gardener and in the Bell Choir at Holy Trinity Episcopal Church.

Congratulations to the Roberta. Volunteers like her are indeed the heart of 4-H!



Spring Rabbit Show  
Saturday, March 31, 9 a.m.

Lancaster Event Center, Pavilion 3 Exhibit Hall  
84th & Havelock, Lincoln,  
Registrations 7:30-9:00 a.m.

Open to all  
youth 8-19

Trophies & ribbons will be awarded!  
CLASSES: Fancy Rabbits, Commercial Rabbits, Pet Class  
and Pee Wee Class. REGISTRATION FEES: \$2.50 per  
rabbit or cavy, \$1 fur class, \$1.50 Showmanship.  
FREE CONTESTS: Quiz Bowl & Rabbit Breed ID

Excellent time  
to learn and  
practice your  
showmanship!

All rabbits must be tattooed in the left ear  
and brought in solid bottom cages.

For more information, call Rodney  
at 782-2186 or Marty at 441-7180

Sponsored by Lancaster County 4-H Rabbit VIPs  
Committee and Rabbits R Us 4-H Club

Free exhibit space courtesy of Lancaster Event Center

Clover Challenge  
Contest, April 9

The Southeast District Clover Challenge Contest will be held April 9 at 1:30 p.m. in several surrounding counties. The contest is similar to a quiz bowl. It is a competitive computer event which consists of a series of multiple choice and true/false questions based on family finance health, foods, clothing and home environment.

Clover Challenge participants compete in teams or two, three or four youth; these teams compete against each other in randomly chosen tournament-like brackets. The top two teams from each district may then compete at the State Clover Challenge Contest during the Life Challenge Contest on June 25, 2007 at the University of Nebraska-Lincoln.

To register, call Tracy at 441-7180.

Jammie  
Jamboree,  
April 14

Join us at the Jammie Jamboree and make jammie bottoms on Saturday, April 14, 9 a.m. Bring your own pull-on pajama bottom pattern, prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by April 11 by calling 441-7180. Jammie bottoms may be entered at the County Fair and styled in the Style Revue.

Windstream 4-H  
Camp Scholarship  
Applications  
Due May 1

Thanks to the generosity of Windstream Communications, two Lancaster County 4-H youth will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna. The scholarship is based on need, applicants must be age 9 or older and currently enrolled in 4-H. Deadline is May 1. Applications are available at the extension office and online at <http://lancaster.unl.edu/4h>

4-H/FFA COUNTY FAIR NEWS

2007

LANCASTER COUNTY FAIR  
AUGUST 2-6

Party with the Animals!

Fair Books Have Been Mailed,  
Available Online

Fair Books have been mailed to all 4-H families and previous Open Class exhibitors. The extension office has Fair Books and fair forms. The 4-H/FFA portions of the Fair Book and many forms and additional resources are available online at <http://lancaster.unl.edu/4h/Fair>

New in 4-H This Year

See the Fair Book for detailed information about each of the following:

**Overall Best Theme Exhibit** — The Lancaster County Agricultural Society has a special category for Overall Best Theme Exhibit (includes Open Class and 4-H entries). Entry is a static exhibit which illustrates the 2007 Lancaster County Fair theme "Party with the Animals." Please be creative!

**Sketchbook Crossroads and Portfolio Pathways** — The new 4-H art projects, "Sketchbook Crossroads — Drawing, Fiber and Sculpture" and "Portfolio Pathways — Painting, Printing and Graphic Design," have many new exhibit classes in the Home Environment area. "Celebrate Art" and "Art in Your Future" exhibits are county-only entries (not eligible for state fair).

**Computer Mysteries** — The computer exhibit classes have been greatly expanded! Includes GPS/GIS classes. Note: the county-only "Geocaching exhibit" has been moved from General Area to Computers.

**Horse Special Needs Show** — Features two riding classes, "Mounted obstacle class, assisted" and "Mounted Obstacle class non-assisted." Class size is limited to eight riders, so sign up early!

Three Resources for  
Leaders and Clubs

New: **Spotlight on 4-H newsletter** is written by extension staff for 4-H volunteers during the months of January through July. It is packed with information and resources to educate, inform and motivate 4-H members and families. This newsletter is mailed to organizational leaders and is available online at <http://lancaster.unl.edu/4h/news.shtml#Volunteer>  
**Computer CD** — A 4-H Resources CD is available for each 4-H club. The CD provides information on the 4-H career portfolio, officer guides and a 4-H video. Stop by and pick up your copy!

**Videotape** — The "Winter 4-H Warm-up" 4-H leader training was videotaped and is available for checkout. For more information, contact Tracy, 441-7180.

Wildlife Habitat  
Evaluation Program  
Teams Forming Now

All Lancaster County 4-H youth ages 8-18 who are interested in wildlife habitat conservation are encouraged to participate in this year's Nebraska Wildlife Habitat Evaluation Program held June 1-2 in Nebraska City. This statewide contest is a fun and challenging outdoor adventure where youth learn about wildlife, conservation and management and then apply their knowledge in a fun, team-based competitive atmosphere.

Lancaster County novice, junior and senior level teams are forming now (novice are involved in activities but not part of the contest). For additional information, contact Kirk Gunnerson at 470-0440 by April 30.

Nominate Your Favorite 4-H Volunteer!

A "Heart of 4-H Award" is awarded to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at [lancaster.unl.edu](http://lancaster.unl.edu)). *Nominations of co-volunteers accepted.*



I, \_\_\_\_\_,  
nominate \_\_\_\_\_.

Please explain why you are nominating person(s) (use additional paper if needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Speech & PSA Contest

The 4-H Speech and Public Service Announcement (PSA) contests are open to all 4-H members ages 8–18, need not be enrolled in a specific project. Register by Monday, April 2 by calling extension at 441-7180. For more information, contact Deanna Karmazin.

## PSA Contest, April 12

The PSA contest will be held at the Lancaster Extension Education Center on Thursday, April 12 at 6:30 p.m. PSA's must be 60 seconds; topic is 4-H. Emphasis is on the presentation of a PSA for radio. Contestants must give their PSA in person, no prerecorded tapes allowed. After the contest, youth qualifying for districts will record their PSA's on tape with the help of extension staff. Tips for writing successful PSA's can also be found online at <http://4h.unl.edu/programs/communication/psa.htm>.

## Speech Contest, April 15

This year's Speech Contest will be held at the Lancaster Extension Education Center on Sunday, April 15 at 1 p.m. Topics can be anything, but a 4-H theme should be maintained. Length depends on division:

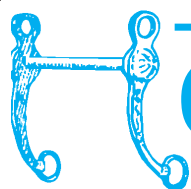
- Novice (ages 8–9): 2 min. or less
- Junior (ages 10–11): 2–3 min.
- Intermediate (ages 12–13): 3–5 min.
- Senior (ages 14–19): 5–8 min.

More information is online at <http://4h.unl.edu/programs/communication/speech.htm> and click on "As You Speak, 4-H Public Speaking Guidelines." When registering please know what age division you are in and the title of your speech.

## Teen Council Community Service Project



At their March meeting, nearly 20 4-H Teen Council members decorated more than 45 paper lunch bags for Tabitha Meals on Wheels.



## Free 4-H Dressage Clinic, March 28 & 29

The 4-H Horse VIPs Committee is presenting a free two-day Dressage Clinic at the Lancaster Event Center (Pavilion 2 warm-up arena) with Felice Rose as clinician.

Two sessions for the junior & senior age group will be Wednesday, March 28 (session 1 from 6–7 p.m. and session 2 from 7–8 p.m.). Agenda: Fitting tack/saddles, dressage fundamentals/equitation.

Two sessions for the elementary age group will be Thursday, March 29 (session 1 from 6–7 p.m. and session 2 from 7–8 p.m.). Agenda: Balance of the rider, riding the different gaits, working the whole horse. We will need three gentle schooling horses, if you have a horse, please let us know.

Twelve riders only in each session, first come-first served. Riders may ride in English or Western Tack. To sign up, contact Joyce Agena at [memaagena@wmconnect.com](mailto:memaagena@wmconnect.com) or 486-0335 — she will need your name, age, your phone number and an e-mail address if you have one. Anyone is welcome to come watch and learn!

## Free 4-H Showmanship Clinic, April 11

The 4-H Horse VIPs Committee is presenting a free Showmanship Clinic at the Lancaster Event Center (Pavilion 2 warm-up arena) with Mindy Leach as clinician.

On Wednesday, April 11, two sessions will be held: session 1 for the elementary age group from 6–7:30 and session 2 for junior & senior age group will be from 7:30–9 p.m.

The emphasis of the clinic will be more on how the showman should look, act and how to present the horse rather than training of the horse. Some training of the horse, however, will be touched upon.

Twelve riders only in each session, first come-first served. To sign up, contact Marty Cruickshank at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 441-7180 — she will need your name, age, your phone number and an e-mail address if you have one. Anyone is welcome to come watch and learn!

# All Riding Skills Level Tests Must be Done in Group Testings

Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! The dates and locations for the 2007 Advancement Level Testing are as follows:

- |            |           |                                      |
|------------|-----------|--------------------------------------|
| • April 24 | 6:30 p.m. | Lancaster Event Center Warm-Up Arena |
| • May 8    | 6:30 p.m. | Lancaster Event Center Warm-Up Arena |
| • June 9   | 9:00 a.m. | Location TBA                         |
| • June 26  | 6:30 p.m. | Lancaster Event Center Warm-Up Arena |
| • July 2   | 6:30 p.m. | Lancaster Event Center Warm-Up Arena |
| • Sept. 29 | 9:00 a.m. | Location TBA                         |

Please RSVP at least one week in advance of the test date to Marty at [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) or 441-7180. Riders wishing to complete their level IV in 2007 should contact Marty as soon as possible.

Riders must be 12 years of age and have a level II in order to compete at the State 4-H Show in Grand Island. District and State entries are due May 11. Anyone wishing to complete their levels II and III in order to compete at the state show must get their testing done before the May 11 date.



Elli Dearmont received a purple and Ivy Dearmont received a blue in the Stampede Art Contest.

## Stampede Results

Several Lancaster County 4-H members participated in the Horse Stampede held at UNL East Campus on March 10. Congratulations to all!

### DEMONSTRATION CONTEST

Junior Individual — Cory Peters (Grand Champion, Purple) with "Horses and Injections: What to do and What not to do"

### ART CONTEST

Elli Dearmont (Purple), Ivy Dearmont (Blue), Spencer Peters (Red)

### HORSE BOWL

Lancaster County Team: Bailey Heidtbrink, Chelsea Gray, Maggie Moore, Sammy Moore, & Elizabeth Frobish (Blue)



Cory Peters was Grand Champion in the Junior Individual Demonstration Contest.



Spencer Peters received a red in the Art Contest.



The Lancaster County Horse Bowl Team coached by Sheila Scheideler and Shari Heidbrink made it into the quarter finals.



# Tornado Awareness – A Guide to Survival

Tornadoes are relatively short-lived local storms. They are composed of violently rotating columns of air that descend in the familiar funnel shape from thunderstorm cloud systems. The weather conditions that tend to generate tornadoes are unseasonably warm and humid earth surface air, cold air at middle atmospheric levels and strong upper-level jet stream winds.

Tornadoes can occur anywhere in the United States during any month of the year. However, the Great Plains and Gulf Coast States experience the largest number of tornadoes. The greatest frequency of tornadoes occur in April, May and June.

The destructive path of a tornado averages about 250 yards in width and 15 miles in length. In extreme conditions, a tornado may travel more than 300 miles and leave a path of total destruction more than a mile wide. Tornadoes will travel up to 60 mph, with wind speeds approaching 400 mph within the tornado's center. Tornadoes usually travel from a westerly direction to an easterly direction.

## Signs and Warnings

Tornadoes develop during severe thunderstorms. While not all thunderstorms create tornadoes, the potential is there. During violent weather, keep tuned to a local television or radio station for tornado reports.

If you are outside and see a funnel-shaped cloud with obvious rotating motion, it may be a tornado. As a tornado develops, it will produce a loud roar that grows louder as the funnel cloud touches the ground. When nearby, a tornado has a

loud sound comparable to the combined roars of several jet engines.

The National Severe Storms Forecast Center in Norman, Oklahoma issues tornado watches. Local National Weather Service offices issue tornado warnings. Local Emergency Management officials may sound sirens during a tornado warning.

A **tornado watch** indicates conditions are right for a tornado to develop and the sky should be watched.

A **tornado warning** indicates a tornado has been sighted or has been indicated on radar. Warnings will give the location of the tornado and the area immediately affected by the warning.

## How Can You Prepare for a Tornado?

- The best preparation for a tornado is to designate a safe place in or around your home as a tornado shelter. Tornado shelters are safest if they are underground. A storm cellar or basement away from windows offers the best protection.
- If neither of these is available, plan to find shelter under heavy furniture or mattresses near an inside wall of your house on the ground floor. Get under solid furniture or cover yourselves with mattresses pulled off the bed.
- Plan tornado drills with your family so everyone knows what to do.
- Know the location of the designated shelter where you work or go to school.
- Plan to evacuate your manufactured (mobile) home.
- Make an inventory of your



The Hallam tornado of May 22, 2004 was rated F4.

household furnishings and other possessions.

- Supplement the written inventory with photographs or video. Keep inventories and pictures in a safe deposit box or some other safe place away from the premises.

## What Should You do When a Tornado Warning is Issued?

- If you have a storm cellar or shelter, go to it immediately with your family. If no shelter is available, go to your basement and get under a heavy workbench or stairs. Do not position yourself directly underneath heavy appliances on the floor above you.
- If your home has no basement, stay in the center of the house away from the windows or in a small room on the ground floor away from outside walls. Take cover under solid furniture or mattresses. Protect your head.

- In mobile homes or vehicles, leave and take shelter in a substantial structure. If there is no nearby shelter, lie flat in the nearest ditch or culvert and cover your head with your hands.
- In any large building, such as an office or department store, avoid all large, poorly supported roofs. Go to the basement or to an interior hallway on a lower floor.
- Do not drive. You are safer in a home or basement shelter than in a car.
- If you are driving in a city and spot a tornado, get out of your car and go to a nearby building immediately.
- If you are driving in open country, drive at a right angle away from the tornado's path if you can safely do so. Do not try to outrun the storm. If you cannot avoid the tornado, get out of your car. Lie flat in the nearest depression, such as a ditch, culvert or ravine. Protect your head and stay low to the ground.

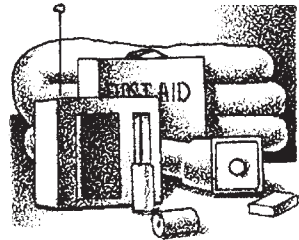
## What Should You do After a Tornado?

- After a tornado passes, keep tuned to the local radio or TV station to get an all-clear signal before leaving your shelter.
- Sometimes more than one tornado will develop during a violent storm so keep alert to the possibility of more tornadoes.
- Re-enter buildings with extreme caution they may be unstable.

- Be alert to fire hazards such as broken electric wires or damaged electrical equipment, gas or oil leaks or smoldering piles.
- Report broken utility lines to appropriate authorities.  
**LES – 475-3233**  
**Cablevision – 421-0300**  
**Peoples Natural Gas – 1-800-303-0357**  
**Windstream Communications – 611**  
**Police NON-Emergency – 441-6000**
- Please do not call 911 unless you have an emergency.
- Have damage to your property assessed by your insurance company.

Source: Lancaster County Emergency Management. For more information or presentations on a number of topics contact at 441-7441.

## Prepare a Family Disaster Supplies Kit



The Federal Emergency Management Agency and American Red Cross has information online at [www.fema.gov/pdf/library/fdsk.pdf](http://www.fema.gov/pdf/library/fdsk.pdf) how to prepare a family disaster supplies kit.

# Your 4-H Talent Can Lead to an Exciting Career!



On-Air Producer



Food Scientist



Business Manager

The College of Agricultural Sciences and Natural Resources offers 24 degree programs and two pre-professional programs which can lead you to an exciting career!



**For more information,**  
**call (800) 742-8800, ext. 2541**  
**or go to [www.casnr.unl.edu](http://www.casnr.unl.edu)**



## Pioneer Farm Family Award Applications Due May 1

The Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families at the Lancaster County Fair. Titled "Nebraska Pioneer Farm Family Award," local recognition requires the land of a family in Lancaster County must have been owned by some member of the family for a century or more.

Applications for this year's recognition are due no later than May 1. Applications can be obtained by contacting Deanna Karmazin at 441-7180.



# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## March

- 22 FCE & Community Leader Training, "Quick and Easy Salads" . . 1 p.m.**  
**23 Pesticide Disposal Collection, Farmers Cooperative**  
*Fertilizer Plant, Waverly. . . . . 8 a.m.–Noon*  
**24 4-H Horse Course Testing Party . . . . . 10 a.m.**  
**20 Guardianship Training. . . . . 1:30–4:30 p.m.**  
**26 Family & Community Education (FCE) Council Meeting . . . . . 1 p.m.**  
**28–29 4-H Dressage Clinic, Lancaster Event Center Warm-up Arena . . . . 6–8 p.m.**  
**29 Family & Community Education (FCE) Southeast District**  
**Meeting . . . . . 9:30 a.m.–2 p.m.**  
**31 Spring 4-H Rabbit Show, Lancaster Event Center,**  
*Exhibit Hall . . . . . 7:30 a.m.*  
**31 Child Care "A Window of Opportunity" Conference . . 8 a.m.–3:30 p.m.**

## April

- 3 4-H Council Meeting . . . . . 7 p.m.**  
**11 4-H Horse Showmanship Clinic, Lancaster Event Center**  
*Warm-up Arena . . . . . 6–9 p.m.*  
**12 4-H Public Service Announcement (PSA) Contest . . . . . 6:30 p.m.**  
**13 Extension Board Meeting . . . . . 8 a.m.**  
**14 4-H Jammie Jamboree . . . . . 9 a.m.**  
**14 Kiwanis Karnival, Elliott Elementary School . . . . . 7–9 p.m.**  
**15 4-H Speech Contest. . . . . 1 p.m.**  
**17 Acreage Insights Rural Living Clinic,**  
**"Management of Small Ponds" . . . . . 7–9 p.m.**  
**19 Commercial Pesticide Applicator Initial Training . . . . . 9 a.m.**  
**22 4-H Teen Council Meeting . . . . . 3 p.m.**  
**24 4-H Horse Level Testing, Lancaster Event Center**  
*Warm-up Arena . . . . . 6:30 p.m.*

### Perennials for Northern Gardens Lecture, April 1

The Nebraska Statewide Arboretum is sponsoring a lecture, "Perennials for Northern Gardens: Tried & True, Old & New" on Sunday, April 1 at 2:30 p.m. in the auditorium of the Nebraska Union, 1400 R Street on the University of Nebraska-Lincoln campus. Admission is \$5 per person; free to members of the Nebraska Statewide Arboretum and to UNL students.

Speaker Michael Heger is a leading expert on perennial plants for the garden and landscape. Heger worked 15 years for the Minnesota Landscape Arboretum.

Heger's lecture will offer an overview of the best tried and true perennial for northern climates, plus a behind-the-scenes look at some of the latest developments in peonies and lilies, two classic elements of the perennial border.

A reception with refreshments will follow. For more information, go to [www.arboretum.unl.edu](http://www.arboretum.unl.edu) or call 472-2971.

### NE Ag Youth Institute Applications Due April 15

Applications are due April 15 for the 36th annual Nebraska Agricultural Youth Institute (NAYI) which will take place July 8–12 at on UNL East Campus. Eligibility is limited to current high school juniors or seniors.

This institute expands young people's understanding of agriculture, but it also develops the individual. Leadership development, critical thinking, and decision making skills, along with the opportunity to interact with youth interested in the future of agriculture, are key elements of the NAYI program.

All meals, lodging, and conference fees during the Institute are provided for the selected delegates. To obtain an application, go to For more information or an application form, go to [www.agr.ne.gov](http://www.agr.ne.gov) or call Deanna Karmazin at 441-7180 or Whitney Davis at 499-6721.

### Live Animal Training Session, May 8

Lancaster County 4-H, in cooperation with ADM Alliance Nutrition and MoorMan's ShowTec, will present a live animal training session on Tuesday, May 8, 6–9 p.m. at the Lancaster Event Center. Topics covered include showing, fitting, nutrition and management of beef, sheep, swine and goats.

Open to anyone interested. No cost to attend. A light meal will be served. Please RSVP by May 1 by calling 441-7180. For more information, contact Deanna Karmazin.

## The Nebraska LEAD Program (LEADERSHIP EDUCATION/ACTION DEVELOPMENT)

Applications are now being accepted for Nebraska LEAD Group XXVII, which begins in the fall of 2007. Thirty highly motivated individuals with demonstrated leadership potential will be selected.

### Application deadline is June 15

The Nebraska LEAD Program is specifically designed for both males and females involved in production agriculture or agribusiness, in the general range of 25-50, who are intent on making a difference by providing quality leadership for the future of the industry of agriculture and the state of Nebraska.

For application or re-application materials and/or further information, call the Nebraska LEAD Program at 472-6810 or e-mail [ablezek1@unl.edu](mailto:ablezek1@unl.edu)

**LEAD**  
**Nebraska LEAD Program**  
Nebraska Agricultural Leadership Council, Inc.

On the Web at  
[www.lead.unl.edu](http://www.lead.unl.edu)

UNIVERSITY OF  
**Nebraska**  
Lincoln

**EXTENSION**

**N**  
**IANR**

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

### University of Nebraska-Lincoln Extension in Lancaster County

444 Cherrycreek Road, Suite A  
Lincoln, NE 68528-1507  
**(402) 441-7180**

<http://lancaster.unl.edu>

E-mail: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 441-7148

Lancaster Extension Education Center  
Conference Facilities  
444 Cherrycreek Road, Lincoln



UNL Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

### Extension Educator & Unit Leader Gary C. Bergman

#### Extension Educators

Lorene Bartos  
Maureen Burson  
Tom Dorn  
Alice Henneman  
Don Janssen  
Barb Ogg  
Karen Wobig

#### Extension Associates

Mary Abbott  
Soni Cochran  
Mary Jane Frogge  
Deanna Karmazin  
Tracy Kulm  
Mardel Meinke

#### Extension Technologist David Smith

#### Extension Assistants

Marty Cruickshank  
Kelly Fisher  
Teri Hlava  
Vicki Jedlicka  
Stacie Powers  
Zainab Rida  
Jim Wies

#### Support Staff

Pam Branson  
Kay Coffey  
Deanna Covault  
Karen Evasco  
Chuck Jungbluth  
Virginia Piening  
Karen Wedding

## THE NEBLINE

THE NEBLINE is published monthly (except December) and mailed to more than 10,500 households in Lancaster County.

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska-Lincoln Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by UNL Extension.

## Free Subscriptions!

Subscriptions to THE NEBLINE are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683—, 684—, 685—, 68003, 68017 and 68065.

☐ Order subscription ☐ Change of address

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Mail to: UNL Extension in Lancaster County  
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507



# Lock-In Gives 4-H Teens Leadership Experience

Each January, Lancaster County 4-H Teen Council presents an overnight Lock-In for 4th & 5th graders. Attendees are treated to a fun-filled event and Teen Council members gain valuable leadership skills. More than 40 4th and 5th graders attended and 33 Teen Council members were involved in the planning, organizing and presenting of 12 hours of activities! Here is a recap of the evening from a few of the teens:

### Movie Magic

The big night rolled around, and on Jan. 19, the 4-H Teen Council held the 2007 4-H Lock In. This year's theme was Opening Night. The 4-H Teen Council members were dressed up for Hollywood as they helped the numerous shy, young 4th and 5th graders to a night of fun and games.

The evening consisted of a variety of fun and entertaining activities beginning with icebreaker games. The children created their own movies, written, directed and played by themselves. The scripts ran from talent shows to fashion



4-H Teen Council members organized and led all Lock-In activities, including the game room where Family Feud and charades were played.

runways to a night at a movie theater. Other activities included the game room where Family Feud and charades were played. In crafts, a thrilled set of 4th and 5th graders made their own VIP passes.

The last station was food where they made their own appetizers, little triangles of peanut butter and jelly sand-

wiches eaten with a variety of fruit. To end the night the kids watched their own movies and ate popcorn. The next morning parents picked up their sleepy-eyed children bursting with stories of their late night until they drifted asleep on the way home.

— Marian Hanigan,  
president of 4-H Teen Council



Teen Council formed several committees to organize the Lock-In. Members of the food committee prepared healthy appetizers for Lock-In participants.

### A Favorite Activity

The Lock-In is always one of my favorite Teen Council activities. Our theme this year was Opening Night. We even had a red carpet for the kids to walk in on. It is so much fun to dress up with the theme and get the kids excited.

I have always worked in the game room, but this year I was

in charge of it. I could practice my leadership skills by organizing the games part of the event and by leading each group of kids in the games. It is so much fun to teach them a new game and play it with them. I love learning to lead through experience with the kids. The Lock-In is so much fun!

—Grace Farley, treasurer

## Can You Guess It?



Photo © Antonie van den Bos, found on www.botanypictures.com

Did you guess it? Find out at  
<http://lancaster.unl.edu>

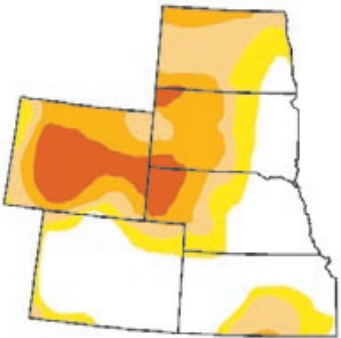
Did you guess it from the March NEBLINE?  
The answer was the eye of a female honeybee (*Apis mellifera*)

## U.S. Drought Monitor Map

As of March 6, Lancaster County was not in drought conditions.

|   | None | D0-D4 | D1-D4 | D5-D9 | D10-D14 | D15-D19 | D20-D24 |
|---|------|-------|-------|-------|---------|---------|---------|
| Current                                 | 39.5 | 60.5  | 45.3  | 27.8  | 10.1    | 0.0     | 0.0     |
| Last Week (02/27/2007 map)              | 37.3 | 62.7  | 47.7  | 29.4  | 12.0    | 0.0     | 0.0     |
| 3 Months Ago (12/13/2006 map)           | 10.2 | 89.8  | 59.7  | 34.8  | 15.3    | 0.2     | 0.0     |
| Start of Calendar Year (01/01/2007 map) | 26.9 | 73.1  | 54.3  | 32.0  | 14.3    | 0.0     | 0.0     |
| Start of Winter Year (10/01/2006 map)   | 10.2 | 89.8  | 61.6  | 33.7  | 16.7    | 0.0     | 0.0     |
| One Year Ago (03/07/2006 map)           | 31.3 | 68.7  | 36.6  | 4.5   | 0.2     | 0.0     | 0.0     |

Intensity:  
D0 Abnormally Dry  
D1 Drought - Moderate  
D2 Drought - Severe  
D3 Drought - Extreme  
D4 Drought - Exceptional



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska-Lincoln

## Enter an Exhibit at the County Fair

The 2007 Lancaster County Fair will be held Aug. 1-5 at the Lancaster Event Center, 84th and Havelock, Lincoln. As usual, there is FREE admission, FREE parking and FREE entertainment!

You are invited to participate in YOUR county fair by entering exhibits or competing in one of the fun contests! The Open Class, 4-H & FFA Fair Book includes all the information needed to enter an exhibit or participate in a contest. Anyone can enter "Open Class" categories, which include youth divisions.

Fair Books have been mailed to current 4-H families and previous Open Class participants. Fair Books will be online at [www.lancastereventcenter.com](http://www.lancastereventcenter.com) and available at numerous locations, including:

- Lancaster Event Center
- Super Saver, Russ's Market, HyVee and Bag 'N Save stores
- Lancaster County village banks, post offices and co-ops
- Lancaster Extension Education Center
- Lincoln City Libraries



Party with the Animals!

## Watch Chicks Hatch on Egg Cam!

4-H Embryology Web site at <http://lancaster.unl.edu/eggcam>

The UNL Extension in Lancaster County 4-H Embryology Web site features Egg Cam, which gives Web users a bird's-eye view of chicks hatching! The site also features fun activities, photos of the embryos as they develop, and resources for parents and teachers.

Currently, a batch of Japanese quail eggs have been set in the incubator and are expected to hatch on or about March 23. Chick eggs will then be set with a hatch date of about April 10 or 11, followed by a batch of guinea fowl eggs.



It can take from 1 to 48 hours for chicks to "pip" around the shell and break completely free.

## Sign up for 4-H Summer Camps!

Open to all youth ages 5-19 — need not be in 4-H.  
<http://4h.unl.edu/camp>